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## TRAVEL E-GUIDE | MALAYSIA

VOL 1 (EN) | DECEMBER 2011

### TOP “CUTI-CUTI” DESTINATIONS

MALAYSIA'S BEST 15

### BEYOND THIS GUIDE

DISCOVER MORE  
WITH OUR BLOGGERS

### SPECIAL FEATURES

MEDICAL TOURISM  
ADVENTURE HOLIDAYS  
ROMANTIC GETAWAYS

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SMART TIPS • FUN FACTS  
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All information in this guide is correct at press time and is subject to change without prior notice.

# MALAYSIA

DELVE INTO ITS UNIQUENESS



Blessed with rich and varied cultural traditions, Malaysia is truly one-of-its-kind. Come discover its lush green havens, shimmering waters, adventurous getaways and dreamy hideaways.

**See it, experience it, live it!**

## DID YOU KNOW ?

- Malaysia has three UNESCO World Heritage Sites—Gunung Mulu National Park in Sarawak; Kinabalu Park in Sabah; George Town in Penang and the state of Malacca.
- The largest flower in the world, Rafflesia can be found in Sabah, East Malaysia.



## LANGUAGE

Bahasa Malaysia, English and other local dialects

## MONEY MATTERS

Ringgit Malaysia (RM or MYR)

## WEATHER

Tropical sunshine with heavy showers on certain months.

Average temperature: 22°C - 35°C

## TIME ZONE

GMT+8

## TELEPHONE CODE

+60

## ELECTRIC SOCKET

220-240 Volt

## GETTING AROUND

Every form of transportation is available from fast trains to leisurely trishaws.

**BOOK NOW!**



# KUALA LUMPUR

Buzzing and rapidly developing, KL is the capital city of Malaysia with multiple façades and cultures. One minute you marvel at modern skyscrapers, the next, fascinating history and traditions.

DO

## KLCC Park \*

Adjacent to Suria KLCC and the world-famous Petronas Twin Towers, this 20-hectare park has a 1.3km jogging path, mosque, children's pool and two musical fountains.

### WHEN

Dawn — 10.30pm

### ADMISSION

Free

### HOW

LRT Train, KLCC station

KL Hop-On Hop-Off Bus, Station 22

### SMART TIP

*Watch the colourful musical fountains come to life after dusk! Also, check out Aquaria KLCC, a state-of-the-art oceanarium showcasing over 5,000 different exhibits just a short walking distance from KLCC Park.*

## Menara Kuala Lumpur

Experience the 1Malaysia Cultural Village, Observation Deck and the revolving restaurant. Nearby Bukit Nanas Forest Reserve offers nature walks and thrilling Flying Fox.

### WHEN

Daily, 9.00am — 10.00pm

### ADMISSION

RM45 onwards-Adult,

RM30 onwards-Child

Bukit Nanas Forest Reserve: Free entrance

### HOW

LRT Train, Dang Wangi station

KL Monorail, Bukit Nanas station

KL Hop-On Hop-Off Bus, Station 2

Free Shuttle Service (from the main gates to Menara entrance)—Every 30 mins

### CONTACT

+60320205444

[www.menarakl.com.my](http://www.menarakl.com.my)

### SMART TIP

*If you're going to the Bukit Nanas Forest Reserve, do keep hydrated and don't forget your sun block!*

### DID YOU KNOW ?

- Kuala Lumpur means 'muddy confluence' as it was a muddy bank where the Gombak and Klang rivers meet.
- Chinese tin miners founded this city in 1857.

KL by night



KL Tower has more than meets the eye

BOOK NOW!





Radiant KL

### **Pamper Zone @ Starhill Gallery \***

Get pampered from top to toe by experts at the most serene spot in the city.

#### **WHEN**

10.00am — 10.00pm

#### **ADMISSION**

Prices for spa treatments vary

#### **HOW**

KL Monorail, Bukit Bintang station

KL Hop-On Hop-Off Bus, Station 6

#### **CONTACT**

Starhill Gallery Concierge

+60327823855

[www.starhillgallery.com](http://www.starhillgallery.com)

### **Changkat Bukit Bintang \***

Feel the pulse of KL nightlife on this stretch of eclectic bars, clubs and restaurants.

#### **WHEN**

All day – late

#### **ADMISSION**

Varies

#### **HOW**

KL Monorail, 5-min walk from Bukit Bintang or Raja Chulan station

KL Hop-On Hop-Off Bus, Station 6

#### **SMART TIP**

Check out nearby Jalan Alor for rows upon rows of stalls offering some of the most amazing local dishes.

*Pamper yourself with the best Asian ingredients and techniques ©Tourism Malaysia*



### **KL Bird Park \***

Interact with the many breeds of exotic birds at World's Largest Free Flight Walk-in Aviary.

#### **WHEN**

9.00am – 6.00pm

#### **ADMISSION**

RM48-Adult, RM38-Child

#### **HOW**

Taxi–5 mins from KL Sentral station

KL Hop-On Hop-Off Bus, Station 14

#### **CONTACT**

+60322721010

[www.klbirdpark.com](http://www.klbirdpark.com)

#### **FUN FACT!**

*Feed the birds, fishes and cuddle freshly-hatched chicks!*

#### **SMART TIP**

Wear comfortable flat shoes as walkways lead through various terrains.

### **Istana Budaya**

Enjoy the best in local theatre and musical scene encompassed in artistically-designed Palace of Cultures.

#### **WHEN**

10.00am – late

#### **ADMISSION**

Depends on show

#### **HOW**

Taxi–5 mins from LRT, Ampang Park station

KL Hop-On Hop-Off Bus, Station 20

#### **CONTACT**

+60340265555

[www.istanabudaya.gov.my](http://www.istanabudaya.gov.my)

#### **FUN FACT!**

*Lake Titiwangsa and the National Library are just walking distance.*





Bring home an exquisite souvenir  
©Tourism Malaysia

### **Lake Garden attractions**

Take a day to hop on the shuttle and explore Butterfly Park, Deer Park, Orchid Farm, National Monument, Planetarium and Islamic Arts Museum that surround the Lake Gardens.

#### **WHEN**

10.00am – 8.00pm

#### **ADMISSION**

Varies

#### **HOW**

Taxi–5 mins from KTM Komuter, Kuala Lumpur stop  
KL Hop-On Hop-Off Bus, Station 13

#### **FUN FACT!**

*Lake Garden has the famous Tanglin Food Court that serves local lunch that attracts a large crowd daily!*

### **Royal Selangor Visitor Centre\***

World's largest pewter producer, Royal Selangor also offers you the chance to make your own pewter at its School of Hard Knocks.

#### **WHEN**

Daily, 9:00am – 5:00pm

#### **ADMISSION**

Free. Early registration required for School of Hard Knocks.

Multi-lingual tour guides available.

#### **HOW**

Taxi–10 mins from LRT, Wangsa Maju station

#### **CONTACT**

+60341456122

[www.visitorcentre.royalselangor.com](http://www.visitorcentre.royalselangor.com)

### **Kasturi Walk and Malaysia Heritage Walk \***

Central Market's lively Kasturi Walk has handicrafts, food and cultural performances. Discover Kuala Lumpur's history with the Malaysia Heritage Walk.

#### **WHEN**

Kasturi Walk-Daily, 10.30am-10.30pm  
Cultural Performance-Daily, 9.00pm  
Cuti-Cuti 1Malaysia Dance-Sat, 9.00pm  
Malaysia Heritage Walk-Daily, 10.30am@Central Market Annexe

#### **ADMISSION**

Free. Prior email registration recommended for Malaysia Heritage Walk.

#### **HOW**

On foot–5 mins from LRT, Pasar Seni station

KL Hop-On Hop-Off Bus, Station 9

#### **CONTACT**

+60322746542 / 1300228688

[betourist@ymail.com](mailto:betourist@ymail.com)

[www.centralmarket.com.my](http://www.centralmarket.com.my)

### **RECOMMENDED STAYS**

#### **FROM RM79**

Tune Hotel LCCT

★★★

Tune Hotel Downtown KL

★★★

Tune Hotel Kota Damansara

★★★

Berjaya Times Square Hotel

★★★★

Renaissance Hotel Kuala Lumpur

★★★★★

Dorsett Regency Kuala Lumpur

★★★★

The Royale Bintang Kuala Lumpur

★★★★

Swiss Garden Hotel Kuala Lumpur

★★★★



### **KL Hop-On Hop-Off \***

Just one bus ride to see the best of KL!

#### **WHEN**

8.30am – 8.30pm

#### **ADMISSION**

RM38-Adult (24hrs) / RM65 (48hrs);  
RM17-Child (24hrs) / RM39 (48hrs)

#### **HOW**

Varied points across KL, start and end  
tour at same location

#### **CONTACT**

1800885546

[www.myhoponhopoff.com](http://www.myhoponhopoff.com)

#### **FUN FACT!**

*This guided tour also offers pre-recorded  
commentaries in 9 languages and  
available by using headsets.*

### **Annexe Gallery \***

Run by passion, this is where artists  
from all walks of life exhibit their art,  
perform and confer on the subject  
that's close to their heart. Expect  
the unexpected.

#### **WHEN**

11.00am – 10.00pm

#### **ADMISSION**

Free (unless stated)

#### **HOW**

LRT Train, Pasar Seni station

KL Hop-On Hop-Off Bus, Station 9

#### **CONTACT**

+60164892603

[www.annexegallery.com](http://www.annexegallery.com)

#### **SMART TIP**

*Check out the nearby Graffiti Wall.  
Formerly an act of vandalism, the wall  
is now a mural for creative expression  
by local and visiting graffiti artists.*

### **Pasar Pudu**

The old KL–Pudu still attracts a lot  
of visitors for its heritage and antique  
shops, as well as art galleries.

#### **WHEN**

10.00am – 10.00pm

#### **ADMISSION**

Free

#### **HOW**

KL Monorail, 10-min walk from Imbi stop

#### **SMART TIP**

*Cameras of all types, years or make  
can be fixed here by experts.*

### **Batu Caves \***

Climb the 272 steps to the beautiful  
limestone cave caverns to visit the  
dedicated Hindu temples.

#### **WHEN**

7.00am – 11.00pm

#### **ADMISSION**

Free

#### **HOW**

KTM Komuter, Batu Caves station

#### **FUN FACT!**

*There's a rock climbing section right at the  
back of the caves for adrenaline seekers!*

#### **SMART TIP**

*Do not carry food or drinks as the  
monkeys tend to be curious about them.*

### **Thean Hou Temple \***

Dedicated to the Goddess Thean Hou  
(The Heavenly Mother), this temple  
features 4 levels of spectacular  
architecture and a hall for fortune  
telling and weddings.

#### **WHEN**

8.00am – 9.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–10 mins from KL Monorail,  
Tun Sambathan stop

#### **CONTACT**

[www.youth.hainannet.com.my/organ-  
ization/temple](http://www.youth.hainannet.com.my/organization/temple)

#### **FUN FACT!**

*Discover your fortune in the main hall  
with traditional-numbered sticks!*

### **Masjid Negara (National Mosque) \***

Surrounded by 13 acres of greenery,  
this mosque features a 73-metre  
minaret and an umbrella-shaped roof  
that symbolises the Malay culture of  
being a good host and protector.

#### **WHEN**

Dawn – late

#### **ADMISSION**

Free

#### **HOW**

5-min walk from KTM Komuter, Kuala  
Lumpur station

KL Hop-On Hop-Off Bus, Station 15

#### **CONTACT**

[www.masjidnegara.gov.my/portal/](http://www.masjidnegara.gov.my/portal/)

#### **FUN FACT!**

*Masjid Negara can accommodate up to  
15,000 people!*

#### **SMART TIP**

*Dress modestly, women may cover their  
heads with a scarf / shawl and remove  
shoes before entering.*





Thean Hou Temple



Beautiful handcrafted textiles at Jalan TAR  
©Tourism Malaysia

## **National Museum \***

Learn incredible facts and artefacts that shaped this multi-cultural society to what it is today.

### **WHEN**

9.00am – 6.00pm

### **ADMISSION**

RM2 onwards–Adult;  
RM1 onwards–Child

### **HOW**

10-min walk from KL Sentral via pedestrian walk (signboards available)  
KL Hop-On Hop-Off Bus, Station 12  
RapidKL Bus No. 115

### **CONTACT**

+60322821111

[www.muziumnegara.gov.my/main](http://www.muziumnegara.gov.my/main)

## **Balai Seni Negara**

View contemporary exhibitions, development workshops and national archives of art from throughout the nation.

### **WHEN**

8.00am – 5.00pm

### **ADMISSION**

Free

### **HOW**

Taxi–5 mins from LRT, Ampang Park station  
KL Hop-On Hop-Off Bus, Station 20

### **CONTACT**

+60340254990

[www.artgallery.gov.my/web/guest/home](http://www.artgallery.gov.my/web/guest/home)

## **Petronas Skybridge \***

See KL from the ultimate spot in the city, the Skybridge! Located on Level 41 of world's tallest twin buildings—the Petronas Twin Towers—there's no view like it.

### **WHEN**

9.00am – 5.00pm

### **ADMISSION**

Skybridge; RM10–Adult; RM3–Child  
Observation Deck + Skybridge;  
RM40–Adult; RM20–Child

### **HOW**

LRT Train, KLCC station  
KL Hop-On Hop-Off Bus, Station 22

### **CONTACT**

+60323318080

[www.petronastwintowers.com.my](http://www.petronastwintowers.com.my)

## **FUN FACT!**

*Designed to slide in and out of both towers to prevent them from breaking during high winds. It also functions as an additional emergency evacuation exit if anything happens to one of the towers.*

### **SMART TIP**

*Come early to get the limited number of tickets per day.*

*\*denotes Local Faves*

## **Suria KLCC \***

Shop for your favourite designer brands at the base of the tallest twin towers in the world!

### **WHEN**

10.00am – 10.00pm

### **HOW**

LRT Train, KLCC stop

### **CONTACT**

+60323822828

[www.suriaklcc.com.my/shopping](http://www.suriaklcc.com.my/shopping)

### **SMART TIP**

*Get special deals and gifts with Tourist Privilege Card. Just present your passport at the Concierge, Concourse at Ground Level.*

## **Pavilion \***

The largest shopping mall in the Golden Triangle with countless designer boutiques, cafes, restaurants and entertainment outlets. A must-visit for shopaholics and mall enthusiasts.

### **WHEN**

10.00am – 10.00pm

### **HOW**

KL Monorail, 10-min walk from Bukit Bintang station

### **CONTACT**

+60321188833

[www.pavilion-kl.com](http://www.pavilion-kl.com)



## **BEYOND THIS GUIDE:**

**Twin Towers, Check! Camera, Check!**



Nasi lemak

**EAT**

### **Nasi Lemak \***

The national all-day breakfast that's loved by all for its rich, spicy and fragrant taste!



Satay  
© Tourism Malaysia

### **Sungei Wang Plaza \***

One of the oldest malls in the Golden Triangle but a local favourite among bargain hunters because of its incredible diverse selections.

#### **WHEN**

10.00am – 10.00pm

#### **HOW**

KL Monorail, Bukit Bintang station

#### **CONTACT**

+60321449988

[www.sungeiawang.com](http://www.sungeiawang.com)

#### **SMART TIP**

*Get a map before going around Sungei Wang Plaza as the mall's layout might be confusing for first timers.*

### **Low Yat Plaza \***

Find the latest and best priced gadgets, cameras, games and mobile phones from all sorts of manufacturers in Malaysia's largest IT lifestyle mall.

#### **WHEN**

10.00am – 9.00pm

#### **HOW**

KL Monorail, 5-min walk from Bukit Bintang stop

#### **CONTACT**

+60321483651

[www.plazalowyat.com](http://www.plazalowyat.com)

### **Central Market**

From batiks to bags and all sorts of hand-crafted souvenirs, you get them all here.

#### **WHEN**

10.00am – 10.00pm

#### **HOW**

LRT Train, Pasar Seni station

#### **CONTACT**

+60320310399 / 5399 / 7399

[www.centralmarket.com.my](http://www.centralmarket.com.my)

### **Petaling Street (Chinatown) \***

Haggle your way through lanes of fine replicas, handmade souvenirs and assorted bags! Once done, pop by one of the stalls for delicious street food and fruits.

#### **WHEN**

6.00am – 12.00pm,  
5.00pm – 12.00am

#### **HOW**

LRT Train, 10-min walk from Pasar Seni station

#### **SMART TIP**

*Bargain at least 10%-20% off the asking price!*

### **Jalan TAR @ Little India**

Get all sorts of wonderful textiles, clothes, souvenirs ranging from traditional to modern in this bargain heaven.

#### **WHEN**

10.00am – late

#### **HOW**

LRT Train, Masjid Jamek station

#### **SMART TIP**

*Many shops will carry the same products, always ask first and remember your shop of choice before buying.*

### **Satay \***

Marinated chicken, beef or lamb on a stick that's the perfect 'to-go' food.

### **Cendol \***

Ice shavings and red kidney bean drowned in coconut milk with green cendol (jelly), topped off with palm sugar—just perfect for those hot sunny days.

### **Lok Lok \***

KL-ites' favourite—just pick the sticks of meat, veggie or assorted fish balls and dunk them into the boiling pot and when cooked, drench them in any of the mouth-watering sauces.

### **Teh Tarik \***

Or "pulled tea" is a rich foamy local concoction that's good all day long and on any occasion.



Hot milky teh tarik  
© Tourism Malaysia

*\*denotes Local Faves*



## 3 DAYS OF FABULOUS KL



Wondrous city lights



KLCC at night

### DAY 1

#### Morning

##### **DISCOVER THE CITY**

It's just you, one bus and KL city.

- KL Hop-On Hop-Off city tour

#### Afternoon

##### **FAMILY FUN AND NATURAL WONDERS**

Experience history, art, science and natural wonders in the heart of the city.

- KL Bird Park
- Butterfly Farm
- Deer Park
- National Mosque
- National Science Centre
- Islamic Arts Museum
- National Planetarium
- National Monument

#### Evening

##### **HOT AND SPICY DINNER**

Try the famous Malaysian-grilled fish

- Ikan Bakar Pak Din @ Tanglin Food Court

### DAY 2

#### Morning

##### **GREAT KL SHOPPING!**

Designer fashion, retail brands, bargain shopping to market haggling, KL has it all!

- Suria KLCC
- Pavilion
- Starhill Gallery
- Fahrenheit 88
- Piccolo Galleria
- Lot 10
- Sungei Wang Plaza
- BB Plaza
- Low Yat Plaza
- Berjaya Times Square

#### Evening

##### **MALAYSIA—WE LIVE TO EAT**

Malaysian-style seafood, chicken wings, plethora of noodles, rice and many others!

- Jalan Alor
- Changkat Bukit Bintang
- BB Walk

### DAY 3

#### Morning

##### **ARTS, HISTORY AND SOUVENIRS**

Traditional and contemporary arts surrounded by history in a bustling city setting.

- Central Market (Pasar Seni)
- Heritage Tour
- Graffiti Wall
- Annexe Gallery
- Petaling Street (Chinatown)
- Pudu Plaza

#### Evening

##### **FOOD AND CULTURE, THE PERFECT MATCH**

Grab a quick bite before heading to the local theatre scene.

- Istana Budaya
- Restaurant Nelayan
- Stadium Negara Restaurant

# PENANG

Penang is synonymous with delicious food that is derived from the marriage of various cultures that are still alive today, thanks to numerous heritage conservations.

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	8x Daily	from RM53
Johor Bahru	2x Daily	from RM70
Langkawi	1x Daily	from RM20
Kota Kinabalu	1x Daily	from RM113
Kuching	1x Daily	from RM80s

## DID YOU KNOW ?

- Penang is also known as Pearl of the Orient as it was one of the busiest ports in the Malaccan Straits.
- Old style ferries still transport people from mainland Seberang Prai to the island.

Tropical Spice Garden



Various fruits available at the Tropical Fruit Farm

## DO

Beautiful UNESCO sites along the heritage trail

### Penang Heritage Walk \*

Learn about the multiple influences that shaped Penang to what it is today through UNESCO sites that are scattered around Georgetown.

#### WHEN

As per own arrangement

#### ADMISSION

Free-self guided with map;  
Guided tour-confirm payment a day in advance (RM50 onwards)

#### CONTACT

Penang Heritage Trust  
+6042642631

[www.pht.org.my/activities/tours](http://www.pht.org.my/activities/tours)

#### FUN FACT!

*Discover the Tree of Harmony that symbolises the 3 main religions intertwined into a single tree.*

#### SMART TIP

*Book knowledgeable local guides to learn more "local secrets".*

### Penang Hill

Take the cable car up 833metres to experience cool weather and a great view of the island.

#### WHEN

Daily, 6.30am – 9.30pm / 11.15pm on Sat

#### ADMISSION

RM8 onwards—Adult,  
RM4 onwards—Child

#### HOW

Rapid Penang, Bus 203/204

#### CONTACT

+6042288861/62

[www.visitpenang.gov.my](http://www.visitpenang.gov.my)

#### SMART TIP

*Dress warmly for chilly winds at hill top.*

### Tropical Spice Garden \*

Escape from the city to this lush tropical garden where you can sample exotic spices and learn a little spice history.

#### WHEN

9.00am – 6.00pm

#### ADMISSION

RM14 onwards—Adult,  
RM8 onwards—Child

#### HOW

Rapid Penang, Bus 101/102

#### CONTACT

+6048811797

[www.tropicalspicegarden.com](http://www.tropicalspicegarden.com)

#### FUN FACT!

*You can bring home the spices that are grown in the garden or join in their cooking classes!*

#### SMART TIP

*Wear flat shoes with good grip as the pathways are exposed to weather.*

**BOOK NOW!**





Monkey Beach within the compounds of Taman Negara Pulau Pinang

### **Taman Negara Pulau Pinang Tour \* (National Park)**

An amazing nature reserve that includes mangroves, rock formations, turtle sanctuary and a meromictic lake.

#### **WHEN**

7.30am – 6.00pm

#### **ADMISSION**

Free, registration needed at counter

#### **HOW**

Rapid Penang, Bus 101

#### **CONTACT**

+6048813530 / 3500

[www.wildlife.gov.my](http://www.wildlife.gov.my)

#### **FUN FACT!**

*You can soak a little sun and sea on Monkey Beach!*

#### **SMART TIP**

*Wear comfortable flat shoes for boat rides.*

### **Penang Butterfly Farm**

Experience 'Tropical World's 1st Live Butterfly & Insect Sanctuary' that features rare tortoises, mandarin ducks and giant fresh water fishes.

#### **WHEN**

9.00am – 6.00pm

#### **ADMISSION**

RM18 onwards–Adult,

RM10 onwards–Child

#### **HOW**

Rapid Penang, Bus 101/102/501

#### **CONTACT**

+6042299467

[www.butterfly-insect.com](http://www.butterfly-insect.com)

#### **FUN FACT!**

*The farm plays a big part in the conservation of endangered species in Malaysia.*

### **Tropical Fruit Farm \***

You can enjoy a local BBQ spread and taste exotic fruits on the farm tour.

#### **WHEN**

9.00am – 5.00pm

#### **ADMISSION**

RM28 onwards–Adult,

RM20 onwards–Child

#### **HOW**

Rapid Penang, Bus 101/501



Fresh hatchlings from the Turtle Sanctuary



The Rajah Brooke Birdwing – the biggest butterfly species in Malaysia

#### **CONTACT**

+60124971921 / +60124439298

[www.tropicalfruits.com.my](http://www.tropicalfruits.com.my)

#### **FUN FACT!**

*You can mix and match various fruits to make your own fabulous juice!*

### **RECOMMENDED STAYS**

#### **FROM RM89**

Tune Hotel Downtown Penang

★★★★

Golden Sands Resort

★★★★★

Hard Rock Hotel

★★★★★

Rasa Sayang Resort & Spa

★★★★★

Northam All Suite Hotel

★★★★★

Paradise Sandy Beach Resort

★★★★★

*\*denotes Local Faves*

The beautiful Cheong Fatt Tze mansion



SEE

### **Khoo Kongsi \***

This clan compound once ran as its own city and still maintains the intricate carvings that made this UNESCO site unique.

#### **WHEN**

9.00am – 5.00pm

#### **ADMISSION**

RM10-Adult, RM5-Child

#### **HOW**

Rapid Penang, Bus 201/202

#### **CONTACT**

+6042614609

[www.khookongsi.com.my](http://www.khookongsi.com.my)

#### **FUN FACT!**

*The clan house is still quite active and frequented by the clan members often.*

### **Cheong Fatt Tze Mansion \***

A rags-to-riches story of the lord of the house accompanies you through the acclaimed mansion which fuses eastern and western architecture.

#### **WHEN**

11.00am, 1.30pm, 3.00pm

#### **ADMISSION**

RM12-guided tour

#### **HOW**

Rapid Penang, All busses

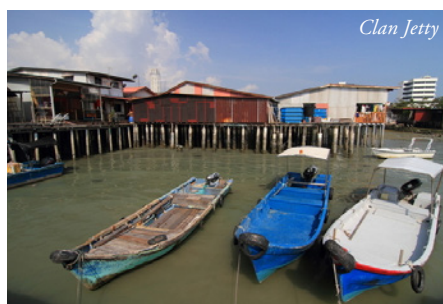
#### **CONTACT**

+6042620006

[www.cheongfattzemansion.com](http://www.cheongfattzemansion.com)

#### **FUN FACT!**

*The striking blue colour of the house is a mixture of lime and indigo powder!*



Clan Jetty

### **Chew Clan Jetty**

Pass by the houses on the jetty where members open their doors for you to take a peek into their daily grind.

#### **WHEN**

Morning – late

#### **ADMISSION**

Free—donations are welcomed

#### **HOW**

Rapid Penang, All busses – Weld Quay

### **Fort Cornwallis**

Delve into history as you walk along the walls built by Francis Light to secure his footing in the island's spice trade.

#### **WHEN**

9.00am – 7.00pm

#### **ADMISSION**

RM2-Adult, RM1-Child

#### **HOW**

Rapid Penang, Bus 103



#### **BEYOND THIS GUIDE :**

[How I Rediscovered Penang Heritage:](#)

[Day 1 - 3](#)

[Gong Xi Fa Chai, Penang!](#)

Khoo Kongsi – Intricately made and a well-preserved UNESCO Site



### **Kek Lok Si Temple \***

Capture the beautiful wonder of the 30.2 metre Kuan Yin (Goddess of Mercy) statue that's encompassed by an octagonal shrine covered with lanterns and lights.

#### **WHEN**

9.00am – 6.00pm

#### **ADMISSION**

Free, Pagoda—RM2, Incline lift—RM2

#### **HOW**

Rapid Penang, Bus U201/U203/U204/U206/T306/U502

#### **FUN FACT!**

*There's a huge pond that's home to giant koi fishes!*

### **Unique Art Gallery Penang \***

View beautiful works by award-winning artists, photographers and budding young artists in various mediums of paint, photography and modelling.

#### **WHEN**

3.00pm – 12.00am

#### **ADMISSION**

Free

#### **HOW**

10-min walk from city

Contact

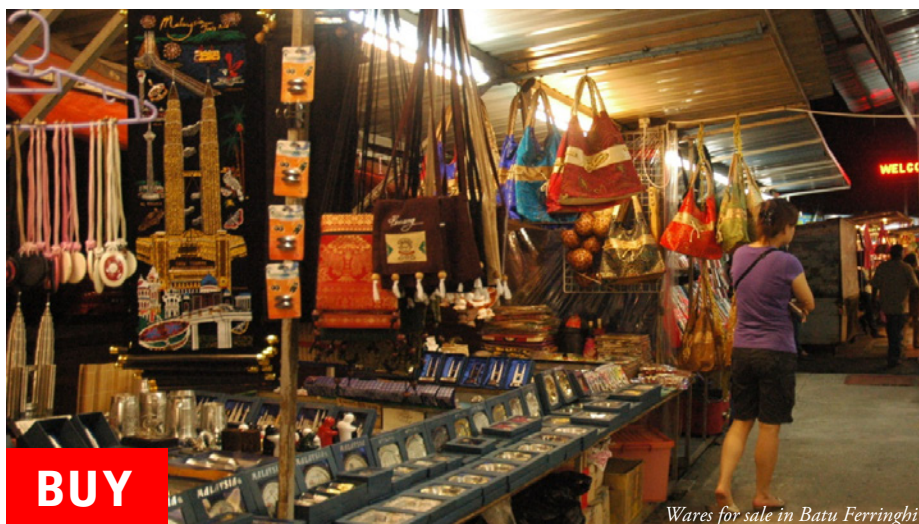
[www.facebook.com/uniquepenangart-gallery](https://www.facebook.com/uniquepenangart-gallery)

Unique Penang Art Gallery with their one-of-a-kind exhibitions



*\* denotes Local Faves*





**BUY**

*Wares for sale in Batu Ferringhi*

### **Queensbay Mall \***

The largest dining, retail and entertainment spot on the island has everything you need and more.

#### **WHEN**

10.30am – 10.30pm

#### **HOW**

Rapid Penang, Bus 307

#### **CONTACT**

+6046198989

[www.queensbaymallmalaysia.com](http://www.queensbaymallmalaysia.com)

#### **SMART TIP**

*Get exclusive discounts and privileges when you sign-up for Tourists & Travellers Privilege Card.*

### **Batu Ferringhi Night Market \***

Haggle for handbags, watches, paper lights and a whole assortment of unique souvenirs.

#### **WHEN**

7.00pm – late

#### **HOW**

Rapid Penang, Bus 101

#### **SMART TIP**

*Bargain 20%-30% off the original prices for most wares.*

### **Chowrasta Flea Market \***

Look for hidden treasures of food, books, antiques and more at one of the oldest markets in Penang.

#### **WHEN**

8.30am – 10.00pm

#### **HOW**

Rapid Penang, Bus 301/302/303/401

#### **SMART TIP**

*Come early for the outdoor market that ends at noon.*

### **Pasar Seni Balik Pulau \***

Head to the other side of the island for many handcrafted items at this weekend art fair.

#### **WHEN**

Weekends, 9.00am – 12.00am

#### **HOW**

Rapid Penang, Bus 401/401E/403/404/501/502

#### **FUN FACT!**

*There are various shows and local performances every week.*

### **Little Penang Street Market \***

See Penang's culture and creativity at this market which features over 70 stalls of crafts and food.

#### **WHEN**

Every last Sunday of every month

#### **HOW**

Upper Penang Road  
Rapid Penang, Bus 103/204

#### **CONTACT**

+60164883632

[www.littlepenang.com.my](http://www.littlepenang.com.my)



**EAT**

*Sumptuous Assam laksa*

### **Assam Laksa \***

Voted as Top 10 most delicious food in the world, this bowl of complex flavours of sweet, sour and spicy will leave you wanting for more!

### **Nasi Kandar \***

Originally an 'on-the-go' rice meal, you can now customise it with your choice of meat, vegetables and the must-have curry-based gravy, simply addictive!



*Char Kuey Teow*

### **Char Kuey Teow \***

Stir-fried noodles with bean sprouts, prawns, cockles and spring onions never tasted quite like this.

### **Rojak \***

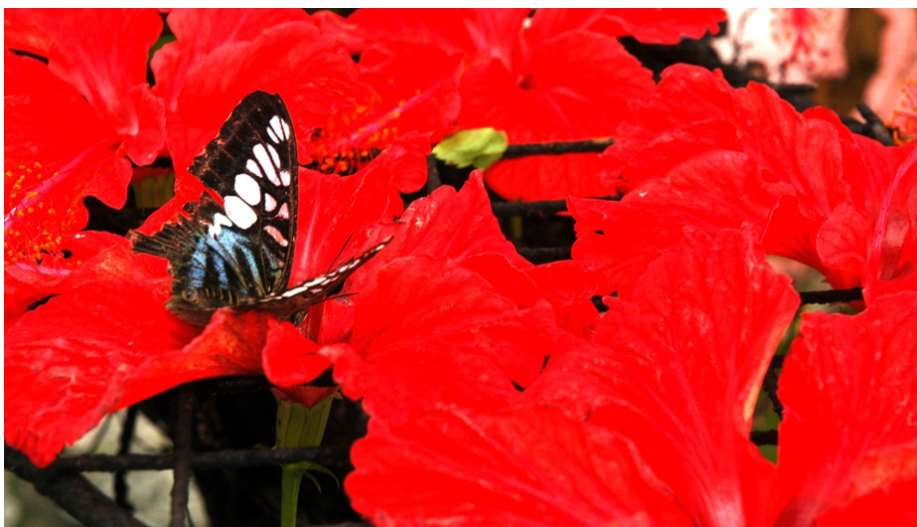
Refreshing dish of fresh cut fruits drenched in a spicy prawn paste-based sauce and topped with ground peanuts.

### **Nutmeg \***

Penang's most beloved fruit, it's delicious be it preserved, fresh or blended into a refreshing juice.

*\*denotes Local Faves*

## 3 DAYS OF WONDROUS PENANG



### Morning

#### CONNECT WITH MOTHER NATURE

Take the road less travelled to discover the natural beauty of Penang.

- Tropical Fruit Farm
- Penang Butterfly Farm
- Tropical Spice Garden
- Penang National Park

### Evening

#### THE OTHER SIDE OF THE ISLAND

Take a peek of how life is on the quieter side of the island.

- Pasar Seni Balik Pulau



### Morning

#### DISCOVER THE SECRETS OF PENANG

Go on the Heritage Walk and uncover the secrets of numerous UNESCO sites.

- Cathedral of the Assumption
- St. George's Church
- Mahamariamman Temple
- City Hall
- Little India
- Goddess of Mercy Temple
- Kapitan Keling Mosque
- Teochew Temple
- Masjid Aceh
- Khoo Kongsi
- Peranakan House
- Cheong Fatt Tze Mansion

### Evening

#### GEORGETOWN DINING

Enjoy the sea breeze as you sample local delights from various stalls!

- Gurney Drive
- Gurney Plaza
- Gurney Walk



### Morning

#### SOUTH SIDE

Head out of Georgetown to experience a little bit of everything.

- Kek Lok Si Temple
- Snake Temple
- P.Ramlee's House
- War Museum
- Batu Maung Fishing Village
- Queensbay Mall
- Jerejak Island

### Evening

#### HEAD TO THE BEACH SIDE

Watch the sunset before a night-long shopping experience.

- Tanjung Bungah
- Toy Museum
- Batu Ferringhi Night Market
- Batu Ferringhi Food Court





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# LANGKAWI

Mystical legends, abundant beaches, shopping sprees... the list just goes on. An island shrouded with nature, adventure and plenty of fun, you will be in your own paradise.

## DID YOU KNOW ?

- Langkawi is an archipelago of about 99 islands.
- The movie Anna and the King, which starred Jodie Foster and Chow Yun Fat was partially shot here.



Stingray feeding at  
Kilim Geoforest Park  
© Tourism Malaysia

**DO**

## Kilim Geoforest Park \*

This UNESCO Geopark offers activities like visiting the fish farm, bat cave exploring, and eagle feeding by the river.

### WHEN

Daily Operating hours depend on package tours by independent operators.

### ADMISSION

Packages range from 1 to 4-hour tours

### HOW

Taxi-30 mins from airport

### CONTACT

Langkawi Tourism Board  
+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	8x Daily	from RM63
Penang	1x Daily	from RM20



The magnificent view  
from the Skybridge

## FUN FACT!

*You can have fresh seafood at the floating restaurant called 'Hole In The Wall'!*

## Oriental Village \*

Colourful Asian-themed villages selling everything from food to souvenirs. Hop on a cable car and try the suspended Skybridge at the top of the mountain.

### WHEN

Village - 24 hours  
Shops/Eateries - 10.00am – 7.00pm  
Langkawi Cable Car and Skybridge-  
Mon-Thur, 10.00am – 7.00pm;  
Wed, 12.00pm – 7.00pm;  
Fri, Sun, Public and School Holidays,  
9.30am – 7.00pm

### ADMISSION

Langkawi Cable Car and Skybridge-  
RM30- Adult, RM10-Child (2-12 years).

### HOW

Taxi-20 mins from airport

### CONTACT

+6049593099  
[www.orientalvillage.my](http://www.orientalvillage.my)

## Beaches \*

Take your pick of beaches like Cenang (main beach), Tengah (for some quiet), Kok (for luxurious moments) and Tanjung Rhu (for high-end splurges).

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi

### CONTACT

Langkawi Tourism Board  
+6049667789 / 9557155  
[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

## SMART TIP

*Bring extra clothes, insect repellent, sunblock and keep hydrated*



Banana boat anyone? Water sports  
and more at Pantai Cenang

**BOOK NOW!**



At Pulau Payar Marine Park  
you can swim with the fishes!



## **Underwater World**

Fascinating marine life such as sharks and adorable rockhopper penguins for your enjoyment!

### **WHEN**

Mon-Thur, 9.30am – 6.30pm;  
Fri-Sun, 9.30am – 8.30pm;  
Public Holidays, 9.30am – 8.30pm;  
Souvenir Centre, Daily, 10.00am – 9.45pm;  
Neptune Cafe, Daily,  
10.00am – 9.45pm

### **ADMISSION**

RM38-Adult, RM28-Child (3-12 years)

### **HOW**

Taxi-10 mins from airport

### **CONTACT**

Zon Pantai Cenang  
+6049556100

[www.underwaterworldlangkawi.com.my](http://www.underwaterworldlangkawi.com.my)

## **Pulau Payar Marine Park \***

Dive from the 'Coral Pontoon' in the middle of the clear blue sea and be one with the ocean for the day.

### **WHEN**

Morning to evening, depending on tour operators

### **ADMISSION**

Depends on the package from various tour operators at the jetty

### **MARINE PARK FEE**

RM5-Adult, RM2.50-Child

### **HOW**

From Kuah Jetty at Kuah Town,

Langkawi-Speedboat to Pulau Payar (1hr) or Catamaran to Pulau Payar (45-mins). Boat schedules depend on individual tour operator.

### **CONTACT**

Langkawi Tourism Board  
+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

### **SMART TIP**

*Wear appropriate gear for extreme sports.*

## **Burau Island**

Linked by a sandbank during low tide with Burau Bay Beach, it is a haven for sun worshippers and twitchers because it is also a roosting place for migratory birds.

### **WHEN**

All day

### **ADMISSION**

Free

### **HOW**

Taxi-15 mins from airport

### **CONTACT**

Langkawi Tourism Board  
+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

### **SMART TIP**

*Bring binoculars for bird-watching.*

## **Tanjung Rhu Waterfall \***

A cycle, a trek and a few kilometers on foot later unveils nature's true wonder.

### **WHEN**

Morning to evening

### **ADMISSION**

Free

### **HOW**

Taxi-30 mins from airport

### **CONTACT**

Langkawi Tourism Board  
+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

### **SMART TIP**

*Shoes with a good grip is ideal for this adventure.*

## **Air Hangat Village \***

Soak in the hot springs, draw your very own batik, enjoy cultural performances, shop for souvenirs and play traditional games.

### **WHEN**

Daily, 9.00am – 6.00pm

### **ADMISSION**

RM4-Adult, RM2-Child (below 12 years)

### **HOW**

Taxi-20 mins from airport

### **CONTACT**

Langkawi Tourism Board  
+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

### **FUN FACT!**

*Legend says two feuding families threw jugs of hot water until it gushed from the ground!*

*\* denotes Local Faves*

## **RECOMMENDED STAYS**

### **FROM RM79**

Berjaya Langkawi Resort and Spa

★★★★

Four Points by Sheraton Langkawi Resort

★★★★

Rebak Island Resort

★★★★★

Bayview Hotel

★★★★

Tanjung Rhu Resort

★★★★



**SEE**

*Paddy waiting to be harvested*  
© Tourism Malaysia

### **Mahsuri's Mausoleum \***

Entombed within is the legendary fallen maiden, Mahsuri, who was said to be falsely accused and cursed the island for seven generations.

#### **WHEN**

Daily, 9.00am – 5.00pm

#### **ADMISSION**

MyKad/MyKid - RM5-Adult,  
RM2.50-Child (below 12 years)  
Without MyKad/MyKid-RM10-Adult,  
RM5-Child (below 12 years)

#### **SHOWTIME**

Daily, 3.00pm (except Wed)

#### **ADMISSION**

MyKad/MyKid-RM5  
Without MyKad/MyKid-RM10

#### **HOW**

Taxi—30 mins from airport

#### **CONTACT**

Langkawi Tourism Board  
+6049667789 / 9557155  
[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

#### **FUN FACT!**

*Mahsuri's restored home, a museum and a theatre is also found within the complex.*

### **Laman Padi Rice Garden \***

Discover rice cultivation from planting to harvesting paddy, including the history of paddy, all within an eco-friendly area.

#### **WHEN**

Daily, 10.00am – 6.00pm

#### **ADMISSION**

RM2-Adult,  
Free-Child (below 12 years)

#### **HOW**

Taxi—10 mins from airport

#### **CONTACT**

+6049554312  
[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

#### **FUN FACT!**

*Learn herbs' healing properties at the herb garden.*

#### **SMART TIP**

*Take a guided tour. It's also a good idea to come here in the morning as it can get pretty hot in the afternoon for the paddy demonstration (outdoors).*

### **Ibrahim Hussein Foundation Museum \***

Malaysia's most prominent artist brings art and nature together in a creative museum.

#### **WHEN**

Daily, 11.00am – 6.00pm

#### **ADMISSION**

RM12-Adult,  
Free-Child (below 12 years)

#### **HOW**

Taxi—30 mins from airport

#### **CONTACT**

+6049594669  
[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

### **Al-Hana Mosque**

Gorgeous motifs and architecture adorn this historical place of worship.

#### **WHEN**

All day (except prayer times)

#### **ADMISSION**

Free

#### **HOW**

Taxi—20 mins from airport

#### **CONTACT**

Langkawi Tourism Board  
+6049667789 / 9557155  
[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

#### **SMART TIP**

*Wear clothing which covers arms and legs before entering the mosque. For ladies, wear a scarf over your head.*



### **Telaga Harbour \***

Be in awe of the many docked yachts while enjoying a drink at the harbour front.

#### **WHEN**

All day

#### **ADMISSION**

Free

#### **HOW**

Taxi–20 mins from airport

#### **CONTACT**

+6049592202

[www.telagaharbour.com](http://www.telagaharbour.com)

### **FUN FACT!**

*You can take the ferry to Koh Lipe island, Thailand from here.*

#### **SMART TIP**

*Bring your camera to take shots of the yachts against the beautiful sunset.*

### **Eagle Square \***

Langkawi's most prominent landmark with scenic ponds and restaurants is fronted by a huge eagle statue.

#### **WHEN**

All day

#### **ADMISSION**

Free

#### **HOW**

Taxi–30 mins from airport

#### **CONTACT**

Langkawi Tourism Board

+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

### **Langkawi Book Village**

From second-hand to rare and antiquarian books, you can find them all in this traditional-style building.

#### **WHEN**

Daily, 9.00am – 6.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–10 mins from airport

#### **CONTACT**

+6049555568

### **FUN FACT!**

*Right next door is the fun Lubok Semilang Recreational Park.*



*The quaint atmosphere at Telaga Harbour*  
© Jayne Kam

### **Craft Cultural Complex \***

Everything from gleaming silverware to batik silk is on display. Catch local craftsmen at work too and don't forget to bring home a memento or two.

#### **WHEN**

Daily, 10.00am – 6.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–20 mins from airport

#### **CONTACT**

Teluk Yu, Mukim Bohor

+6049591917/13

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)



*Eagle Square, Langkawi's most famous landmark*



*Batik painting*  
© Tourism Malaysia

*\* denotes Local Faves*



## BUY

### The Zon Duty-Free Shopping Complex \*

Grab your hands on sweets, snacks, drinks, souvenirs and more!

#### WHEN

Daily, 9.00am – 7.00pm

#### HOW

Taxi–10 mins from airport

#### CONTACT

+6049555300

[www.dfzcapital.com.my](http://www.dfzcapital.com.my)

### Langkawi Fair Shopping Mall\*

Love international and designer brands? Shop here!

#### WHEN

Daily, 10.00am – 6.00pm

#### HOW

Taxi–10 mins from airport

#### CONTACT

+6049554312

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

#### **FUN FACT!**

*It's the largest mall in Langkawi.*

### Noor Craft Collection \*

Ceramic wares at their finest and you can even design on one to take home.

#### WHEN

Daily, 9.00am – 6.00pm

#### HOW

Taxi–25 mins from airport

#### CONTACT

Atma Alam Batik Art Village

+6049551227

[www.atmaalam.com](http://www.atmaalam.com)

#### **FUN FACT!**

*Group painting courses are available too.*

### Night Market \*

Get a taste of local culture and products while you're eyeing for that special something to buy.

#### WHEN

Evenings (it moves to different locations daily)

#### HOW

Taxi

#### CONTACT

+6049667789 / 9557155

[www.lada.gov.my/tourism](http://www.lada.gov.my/tourism)

#### SMART TIP

*Wear light clothing and bargain away!*

### Chocoffee \*

Everything and anything coffee and chocolate, in heavenly combos and flavours.

#### WHEN

All Day

#### HOW

Taxi–15 mins from airport

#### CONTACT

+6049532488

[www.chocoffee.com.my](http://www.chocoffee.com.my)

#### SMART TIP

*Come here on the last day of your trip if you're planning to buy chocolates.*

*\* denotes Local Faves*





**EAT**



*Stir-fried chili crab. Yummy!*  
© Jayne Kam

### **Seafood \***

Fresh seafood which is grilled, baked, steamed or stir-fried to your liking.

### **Coconut Shake \***

Thirst quenching all day long, it is the perfect mix of coconut juice and vanilla ice cream.

### **Som Tam \***

Mouth-watering spicy Papaya Salad which is Thai in origin, mixed with dried shrimp, lime and herbs.

### **Malay-style Chicken Rice**

A plate of steaming rice cooked in chicken broth served with roasted chicken and condiments is just heavenly!

### **Moi Soup \***

Have it with chicken or beef, this super yummy bowl of soupy porridge just makes anyone's day!

---

*\* denotes Local Faves*



*Coconut shake*  
© Jayne Kam



*Fresh seafood  
for your picking*  
© Jayne Kam



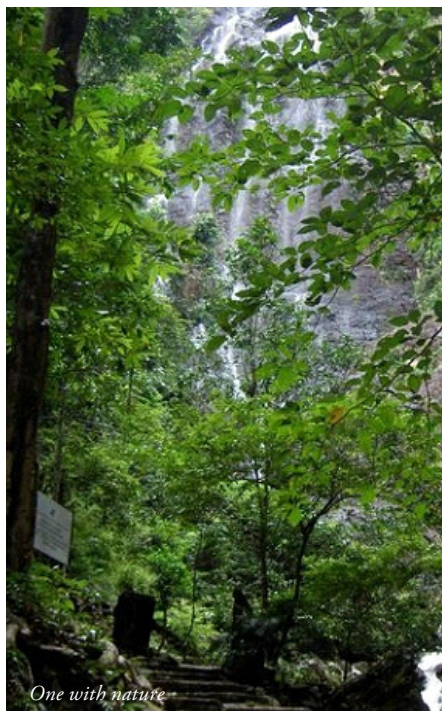
# 3 DAYS OF AWESOME LANGKAWI



Langkawi Cable Car  
© Tourism Malaysia



Great seafood after  
a long day of activities  
© Jayne Kam



One with nature



Oriental Village  
© Jayne Kam



## Morning

### A UNIQUE BREAKFAST

East meets West!

- Red Tomato Garden Cafe @ Pantai Cenang

## Afternoon

### NATURE AND FAMILY TIME

- Fun places to discover
- Laman Padi
- Underwater World
- Oriental Village
- Telaga Harbour

## Evening

### CATCH OF THE OCEAN!

Fresh seafood cooked with delicious variations.

- Orkid Ria



## Morning

### THE GEOPARK REALM

Explore Malaysia's Jurassic period lime stone formations, mangroves and much more!

- Kilim Geoforest Park

## Afternoon

### A BIT OF CULTURE, HISTORY, ART AND SHOPPING

Legends, myths, relics and products are all found in Langkawi!

- Mahsuri Mausoleum
- Air Hangat Village
- Noor Craft Collection
- Craft Cultural Complex
- Langkawi Book Village
- Ibrahim Hussein Foundation Museum

## Evening

### LET'S HEAD TO THE BEACH!

Do water sports, lounge on deck chairs or simply watch the sun set.

- Pantai Cenang



## Morning

### SHOP, SHOP, SHOP

Plenty of bargains from vendors selling everything under the sun!

- The Zon Duty-Free
- Jalan Pantai Cenang
- Chocoffee
- Craft Cultural Complex
- Langkawi Book Village

## Afternoon

### GET INTIMATE WITH KUAH TOWN

An introduction to what the main port has to offer!

- Langkawi Fair Mall
- Al-Hana Mosque
- Duty-Free Shops
- Eagle Square
- Night Market

## Evening

### FOOD AND MORE OF THE BEACH!

Have your dinner facing the beachfront.

- Yellow Cafe and Steakhouse @ Pantai Cenang



# JOHOR BAHRU

Popularly called 'JB', it's the second largest city in the country with historical buildings, cultural attractions and splendid beach getaways.

## DO

### Pulau Tioman \*

One of the region's most popular islands with sun-kissed beaches, swinging palm trees and amazing underwater sceneries.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Bus–2.5hrs from city centre to Mersing Jetty

Boat–2hrs to Pulau Tioman

#### CONTACT

Mersing Tourist Information Centre  
+607799521

### **FUN FACT!**

*Named as one of the world's 10 most beautiful islands by TIME magazine.*

### Pulau Rawa

A remote little paradise where you can surf, swim or just soak in the brilliant sun.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Bus–2.5hrs from city centre to Mersing Jetty

Boat–1hr to Pulau Rawa

#### CONTACT

Mersing Tourist Information Centre  
+607799521

#### SMART TIP

*The island is closed during monsoon season (Nov-Mar).*

### Pulau Sibul Besar \*

Great for a family vacation with lots of things to do such as snorkelling, beach activities, jungle trekking and more.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Bus–2hrs to Tanjung Leman

Speedboat–30 mins to Pulau Sibul

#### CONTACT

Mersing Tourist Information Centre  
+607799521

### **FUN FACT!**

*It is part of the Sibul archipelago made up of Pulau Sibul Tengah, Pulau Sibul Hujung, Pulau Kukus and Pulau Tinggi.*

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	2x Daily	from RM53
Penang	2x Daily	from RM70
Kota Kinabalu	2x Daily	from RM100
Kuching	2x Daily	from RM60
Miri	1x Daily	from RM100

## DID YOU KNOW ?

- It is the southernmost city of the Eurasian mainland.
- It was originally a small Malay fishing village named Tanjung Puteri.



Snorkeling at Pulau Rawa

### Mount Lambak Recreational Forest \*

A favourite retreat for locals to picnic, go swimming or mountain-climbing.

#### WHEN

7.00am – 6.00pm

#### ADMISSION

Free

#### HOW

Taxi–40 mins from city

#### CONTACT

Johor Tourism  
+6072234935

[www.johortourism.com.my](http://www.johortourism.com.my)

#### SMART TIP

*Don't forget to bring mosquito repellent.*

**BOOK NOW!**



Mount Lambak  
Recreational Forest



## **Johor Zoo**

Watch the antics of more than 100 species of animals such as elephants, horses, flamingos and more.

### **WHEN**

Daily, 8.00am – 6.00pm

### **ADMISSION**

RM2-Adult, RM1-Child

### **HOW**

Taxi–15 mins from city

### **CONTACT**

Johor Tourism

+6072234935

[www.johortourism.com.my](http://www.johortourism.com.my)

### **FUN FACT!**

*Built in 1928, it is one of Asia's oldest zoos.*

## **RECOMMENDED STAYS**

### **FROM RM85**

Tune Hotel Danga Bay

★★★★

Grand Sentosa Hotel Johor Bahru

★★★★

Thistle Hotel Johor Bahru

★★★★★

Citrus Johor Bahru

★★★★★

Lotus Desaru Beach Resort

★★★★★

New York Hotel Johor Bahru

★★★★

*\*denotes Local Faves*

Sultan Ibrahim Building



## **SEE**

## **Sultan Ibrahim Building \***

A beautiful fusion of European, Moorish and Anglo-Malay architecture, this is one of Johor's most visited landmarks.

### **WHEN**

By appointment

### **ADMISSION**

Free

### **HOW**

Taxi–10 mins from city

### **CONTACT**

+6072223590

### **SMART TIP**

*Call to arrange for free tours.*

## **Sultan Abu Bakar Royal Museum**

Johor's crown jewels, historical artefacts, art collections and royal treasures are exhibited here.

### **WHEN**

Sat-Thur, 9.00am – 5.00pm

### **ADMISSION**

Malaysians: RM5-Adult, RM1-Child

Tourists : USD7-Adult, USD3-Child

### **HOW**

Taxi–10 mins from city

### **CONTACT**

+6072230555

[www.johordt.gov.my](http://www.johordt.gov.my)

### **FUN FACT!**

*This museum is the former royal residence of Sultan Abu Bakar.*

Sultan Abu Bakar Mosque



## **Sultan Abu Bakar Mosque\***

A mix of beauty and tranquillity is projected from this mosque which overlooks the Johor Straits.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi–10 mins city



## CONTACT

Johor Tourism  
+6072234935

[www.johortourism.com.my](http://www.johortourism.com.my)

## SMART TIP

*Dress conservatively when entering mosque grounds.*

## Johor Art Gallery

Explore rich Malay heritage presented in the medium of art by talented Johorean artists.

## WHEN

Daily, 9.00am – 4.30pm

## ADMISSION

Free

## HOW

Taxi–10 mins from city

## CONTACT

+6072263266

[www.johordt.gov.my](http://www.johordt.gov.my)

## FUN FACT!

*Artefacts like weapons, clothing, currency and manuscripts are also exhibited here.*

## MAWAR Gallery

A gallery honouring prominent ladies who have contributed to the prosperity of Johor.

## WHEN

Thur–Tue, 10.00am – 4.00pm

## ADMISSION

Free

## HOW

Taxi–10 min from city centre

## CONTACT

+607221410

[www.johordt.gov.my](http://www.johordt.gov.my)

## SMART TIP

*Watch traditional songket weaving, batik silk paintings and pottery-making demonstrations at the MAWAR House Handicraft Centre.*



Sultan Abu Bakar Royal Museum



MAWAR Gallery

## Orchid Valley \*

Marvel at over 80 varieties of beautiful and exotic orchids at this lush 100-acre garden.

## WHEN

Daily, 8.30am – 5.30pm

## ADMISSION

RM8-Adult, RM3-Child

## HOW

Taxi–20 mins from city centre

## CONTACT

+6075271122

## SMART TIP

*Buy orchid potted plants at reasonable prices to bring home.*

## Johor Old Chinese Temple

This temple plays host to five Chinese gods of the Hainanese, Cantonese, Hakka, Hokkien and Teochew ethnics.

## WHEN

Daily, 7.30am – 5.30pm

## ADMISSION

Free

## HOW

Taxi–10 mins from city centre

## FUN FACT!

*Built during the late 19th century, it is one of the oldest structures in Johor Bahru.*

*\* denotes Local Faves*



**BUY**

### The Zon Duty-Free Shopping Complex \*

Shop for electronics, chocolates, fashion and more at bargain prices!

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

+6072274045

[www.zon.com.my](http://www.zon.com.my)

### **FUN FACT!**

*It is the largest duty-free complex in the country.*

### Danga City Mall \*

This mall is popular among locals to shop, dine and enjoy some fun family time.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–15 mins from city

#### **CONTACT**

+6072215008

[www.dangacitymall.com](http://www.dangacitymall.com)

### Plaza Angsana \*

Head here for local handicrafts and traditional Malay outfits such as Baju Kebaya, Baju Kurung and Baju Melayu.

#### **WHEN**

Daily, 8.00am – 6.00pm

#### **HOW**

By foot–5 mins from city

#### **CONTACT**

+6072351420

### Johor Bahru City Square

You can shop for fashion, furniture, lifestyle items and more.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

By foot–5-mins from city

#### **CONTACT**

+6072263668

[www.citysquarejb.com](http://www.citysquarejb.com)

### Holiday Plaza\*

A one-stop centre to get your electronics, gadgets and DVDs.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

+6072762620



**EAT**

*Ikan Asam Pedas*  
© Tourism Malaysia

### Lontong \*

'Nasi himpit' (compressed rice) splashed with tangy and spicy coconut sauce, boiled egg, vegetables and chilli.

### Ikan Asam Pedas \*

This amazing dish of Mackerel fish cooked in a sour and spicy sauce is best eaten with rice.



*Murtabak*  
© Tourism Malaysia

### Satay \*

Grilled chunks of beef, chicken or mutton on a stick, dipped into tangy peanut sauce. Simply yummy!

### Murtabak

Scrumptious minced meat, egg and onions, stuffed into flatbread and pan-cooked to perfection.

### Mee Rebus

Simple stringy noodle dish with spicy and slightly sweet brown soup garnished with dried shrimp, vegetables and boiled egg.

*\* denotes Local Faves*

### **Other must-eats :**

*Nasi Ambang, Mee Bakso, Mee Soto, Nasi Beriani Gam and Laksa Johor.*



# 3 DAYS OF VIBRANT JOHOR BAHRU



Shop till you drop  
© Tourism Malaysia



Night out at Danga Bay  
© Hudson Hoo



Mawar Gallery  
© Tourism Malaysia



Dine and shop along Jalan Dhobi



## Morning

### JB CITYSCAPE

Start your day with coffee at Kluang Rail Coffee at Plaza Kotaraya and have a scenic city tour of unique buildings around town.

- Sultan Ibrahim Building
- Sultan Abu Bakar Mosque
- Johor Old Chinese Temple

## Afternoon

### EXQUISITELY JOHOR

Explore the beauty of traditional Johor houses at Rumah Limas.

## Evening

### NIGHT OUT AT DANGA BAY

Have dinner at one of the alfresco cafes by the beach while being entertained by live music. Cap off your night with a stroll along the sea-side.



## Morning

### SHOP FOR HANDICRAFTS

Head over to Plaza Angsana for batik and songket and JARO Malaysia Handicrafts Centre to buy handicrafts made by disabled people.

## Afternoon

### OUT AND ABOUT

Visit Istana Garden for a walk in the park, check out Sultan Abu Bakar Museum for some Johor royal heritage and bring your kids to Johor Bahru Zoo for some animal fun time.

## Evening

### DINE AND SHOP

Dine at one of the many restaurants along Jalan Dhobi and then head over to the nearby Bazaar JB to shop for knick-knacks.



## Morning

### ART AND HERITAGE

Enrich your trip with art and cultural learning at MAWAR Gallery and Johor Art Gallery.

## Afternoon

### SHOP TILL YOU DROP!

Mall-hopping around the city.

- City Square
- Plaza Kotaraya
- The Zon
- Holiday Plaza
- Danga City Mall

## Evening

### DIVINE DINNER CRUISE

Have scrumptious dinner on-board a cruise with vibrant views of JB city and the Tebrau Strait.



## Special Feature I

### Malaysia: Your world class health and wellness destination

Medical tourism at its best

*By Jayne Kam*

Mention Malaysia and you'll most likely have thoughts of serene beaches, eco-activities, modern cities and traditional values. In recent years, medical tourism has been added to this equation of the many things to do in this country of melting pot of cultures, thanks to the Malaysia Healthcare Travel Council (MHTC) under the Ministry of Health Malaysia.

Helming Malaysia's medical tourism, MHTC's tasks include placing Malaysia on the global map as one of the top destinations for healthcare in the world while promoting pioneering efforts by local medical facilitators. It also functions as a governing body to ensure that policies are in place and constant efforts are made to give the best quality service to patients. Because of these, plenty have visited from across the globe to seek top-notch healthcare at reputed medical centres here. Why, you ask. The reasons are obvious.

For a start, you get excellent care for less. Yes, competitive pricing and holistic healthcare by highly-skilled, world-class practitioners make the choice so much easier. That and the fact that the latest medical equipment is provided for your piece of mind. You also have the option of recuperating post-treatment amongst the natural wonders in the country. One thing's for sure, you'll never look at recovery the same way again!

Other factors like social and political stability, great infrastructure, tropical climate and easy visa applications help influence decisions to opt for medical care here. Expect warm, friendly Malaysian hospitality that will help you feel comfortable throughout your entire medical care. Waiting for hours is also a thing of the past as integrated medical systems ensures that you will receive your consultation as quickly as possible. Language

barrier? Very minimal. You'll be secured in knowing that English is widely spoken and interpreters are available upon request.

Maybe having a look at proven track records, testimonials and great recovery periods will help seal your treatment deal. Or perhaps internationally-certified accreditations like Joint Commission International (JCI) and the national Malaysian Society for Quality in Health (MSQH) at almost every private medical centre will do it for you.

In addition, plenty of tour agencies and private hospitals are offering healthcare and stay packages starting from RM1200 so that even families can enjoy their time here while offering their support to their loved ones. If you prefer to select your own, there are plenty of budget to six-star accommodations as well.





So now you know where you should seek medical treatment, be it for cosmetic reconstruction or enhancement like rhinoplasty, liposuction and chin augmentation; or serious medical issues. Having the Malaysian experience of food, culture, nature and heritage in between treatments is a plus point too!

#### FACTS

- Malaysia has medical achievements including many 'firsts' such as key-hole (endoscopic) surgery and mechanical heart assist device implant (Thoratec IVAD), the first in Asia and Australasia.

#### SOURCE

[www.myhealthcare.gov.my](http://www.myhealthcare.gov.my)  
Healthcare Malaysia magazine

- All healthcare facilities are strictly monitored by the Ministry of Health, Malaysia and regulated by Private Healthcare Facilities and Services Act 1998.

#### SOURCE

[www.myhealthcare.gov.my](http://www.myhealthcare.gov.my)

- Extended stays and visa application for medical tourism can be found in detail at [www.imi.gov.my](http://www.imi.gov.my)

#### CONTACTS

##### **MALAYSIA HEALTHCARE TRAVEL COUNCIL**

(Ministry of Health Malaysia)

Unit A-13-8, Level 13, Block A,  
UOA Tower, Bangsar, No. 5,  
Jalan Bangsar Utama, 59000  
Kuala Lumpur, Malaysia.

*tel* +60322832003

*fax* +60322831025

*email* [info\\_mhtc@moh.gov.my](mailto:info_mhtc@moh.gov.my)

[www.myhealthcare.gov.my](http://www.myhealthcare.gov.my)

[www.moh.gov.my](http://www.moh.gov.my)

##### **HEAD OFFICE OF TOURISM MALAYSIA**

9th Floor, No. 2, Tower 1, Jalan P5/6,  
Precint 5, 62200 Putrajaya, Malaysia.

*tel* +60388918000

*tourism info line* 1300885050

*email* [enquiries@tourism.gov.my](mailto:enquiries@tourism.gov.my)

[www.tourism.gov.my](http://www.tourism.gov.my)

[www.matic.gov.my](http://www.matic.gov.my)

##### **MALAYSIA HEALTHCARE**

8th Floor, West Wing, Menara Rohas  
Perkasa, No. 9, Jalan P. Ramlee,  
50450 Kuala Lumpur, Malaysia.

*tel* +60327195582

*fax* +60327195588

[www.malaysiahealthcare.com](http://www.malaysiahealthcare.com)

##### **HEADQUARTERS OF THE DEPARTMENT OF IMMIGRATION, MALAYSIA**

(Ministry of Home Affairs)

Level 1-7 (Podium), No.15,  
Persiaran Perdana, Precint 2,  
62550 Putrajaya, Malaysia.

*tel* +60388801000

# KUALA TERENGGANU

## HOW TO GET THERE

FROM  
Kuala Lumpur

FREQUENCIES  
3x Daily

FARE  
from RM63

## DO

Steeped in rich history, culture and the splendour of nature, Kuala Terengganu will charm you in no time.

*Sea adventures at Pulau Redang*

## DID YOU KNOW ?

- Kuala Terengganu is both the state and royal capital of Terengganu.
- Weekdays are from Sunday to Thursday and weekends are Friday and Saturday.

### Kenyir Lake \*

A man-made wonder which has so many eco-related activities for your thrills!

#### WHEN

All Day

#### ADMISSION

RM1, Camera-RM5, Fishing-RM10

#### HOW

Taxi-50 mins from city

#### CONTACT

Kenyir Lake Tourist Information Centre  
+6096267788 / 6668498

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

### FUN FACT!

*Within the lake area are 340 mini-islands, floating chalets, caves, rivers and waterfalls!*

### Sekayu Recreational Forest Reserve \*

Known for its seven-tier waterfall, you can also explore the fruit orchard and Terrapin Conservation Centre.

#### WHEN

Morning to evening

#### ADMISSION

Playground/Fishing-RM5 per hour (each)

#### HOW

Taxi-40 mins from city

#### CONTACT

Terengganu State Forestry Department

+6096274122 / 6274155 / 6274156

[www.trgforestry.terengganu.gov.my](http://www.trgforestry.terengganu.gov.my)

#### SMART TIP

*Avoid the waterfall when it rains as it's prone to flash floods.*

### Batu Buruk Beach \*

Enjoy various recreation activities on the beach, like flying a 'Wau Bulan', an intricately designed Malaysian moon-kite.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Taxi-5 mins from city

#### CONTACT

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

### FUN FACT!

*Check out traditional dances and games every weekend.*



*Great catches at Kenyir Lake.*  
© Tourism Malaysia



*The popular Batu Buruk Beach*

**BOOK NOW!**





Pulau Kapas

## **Islands \***

Glittering waters and powder-white beaches beckon your inner beach bum at Pulau Kapas and Pulau Redang.

### **WHEN**

All Day

### **HOW**

Redang: Taxi–30 mins to Merang Jetty, Speedboat–40 mins (RM80 return)

Kapas: Taxi–10 mins to Marang Jetty, Speedboat–10 mins (RM35 return)

### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

### **FUN FACT!**

*Pulau Redang is a designated marine park, so do maximize your diving and snorkelling time.*

## **La Hot Springs \***

Love the soothing effect when submerging in a hot spring? Head on then to Gunung Tebu Forest Reserve.

### **WHEN**

Morning to evening

### **ADMISSION**

Free

### **HOW**

Taxi–1hr from city

### **CONTACT**

Terengganu State Forestry Department  
+6096274122 / 6274155 / 6274156

[www.forestry.sarawak.gov.my](http://www.forestry.sarawak.gov.my)

### **SMART TIP**

*Don't forget to rehydrate.*

## **Chemerung Waterfall \***

Luscious is what comes to mind when you dip in the cool waters at the base of the waterfall.

### **WHEN**

Morning to evening

### **ADMISSION**

Free

### **HOW**

Taxi–1hr from city

### **CONTACT**

Terengganu State Forestry Department  
+6096274122 / 6274155 / 6274156

[www.forestry.sarawak.gov.my](http://www.forestry.sarawak.gov.my)

### **FUN FACT!**

*It's Malaysia's highest waterfall, cascading from 305 metres up.*

## **Kuala Terengganu Waterfront\***

A great spot to unwind and watch the sunset after a long day of activities.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi–5 mins from city

### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

## **Islamic Civilisation Park \***

One of its kind, learn about rich Islamic heritage and innovations. Don't forget to visit the dazzling Crystal Mosque!

### **WHEN**

Sun-Thur, 10.00am – 7.00pm,  
Fri and Sat, 9.00am – 7.00pm

### **ADMISSION**

From RM25

### **HOW**

Taxi–20 mins from city

### **CONTACT**

+6096278888

[www.tti.com.my](http://www.tti.com.my)

### **FUN FACT!**

*There's a buggy service complete with a guided tour.*

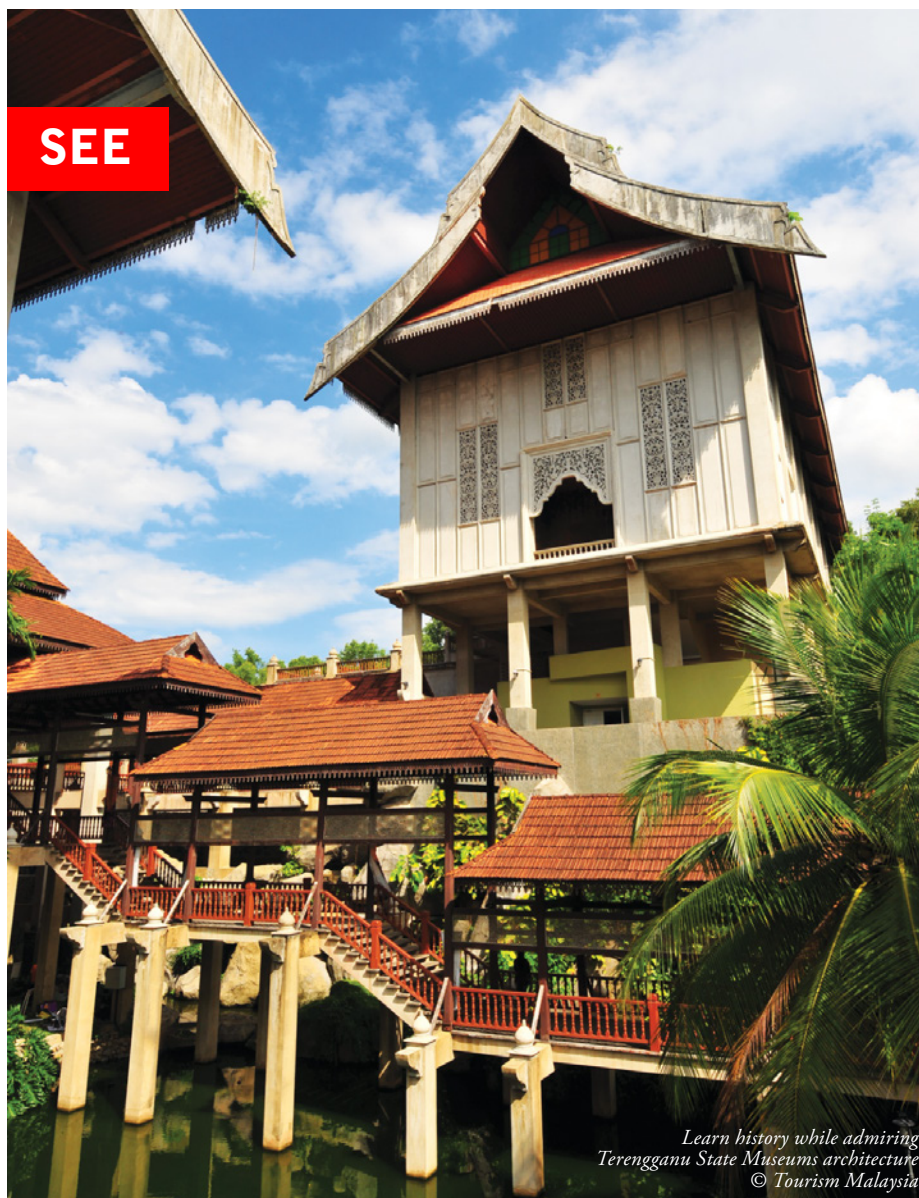


### **SMART TIP**

*Dress appropriately for the park. For females, wear a scarf around your head before entering the mosque.*

*\* denotes Local Faves*

SEE



*Learn history while admiring  
Terengganu State Museums architecture  
© Tourism Malaysia*

### **Batu Bersurat Memorial \***

Beyond the memorial gate is the Inscribed Stone of Terengganu which gives evidence of one of the earliest 'Jawi' writings in Southeast Asia.

#### **WHEN**

Daily, 9.00am – 5.00pm

#### **ADMISSION**

Free (contributions are welcomed)

#### **HOW**

Taxi–40 mins from city

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **FUN FACT!**

*It is listed in UNESCO's Memory of the World.*

### **Chinatown \***

It's not surprising that ancient architecture and preserved buildings here made it to UNESCO's World Monument Watch Programme.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi–5mins from city centre

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **FUN FACT!**

*This former commercial hub was the reason for the development of this city.*

### **Terengganu State Museum \***

The largest museum in Malaysia featuring century-old artefacts and the original 'Batu Bersurat' (Inscribed Stone).

#### **WHEN**

Sat-Thur, 9.00am – 5.00pm;

Fri, 9.00am – 12.00pm,

3.00pm – 5.00pm

Closed Hari Raya Puasa and Hari Raya Haji holidays.

#### **ADMISSION**

RM5-Adult,

RM2-Child (below 12 years old)

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

### **Bukit Puteri \***

Accessible via an escalator at the Waterfront Bazaar, the former Princess Hill fort offers breathtaking views and important historical facts.

#### **WHEN**

Sat-Thur and Public Holiday,

9.00am – 5.00pm;

Fri, 9.00am – 12.00pm,

3.00pm – 5.00pm

#### **ADMISSION**

RM1-Adult,

RM0.50-Child (below 12 years old)

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Bukit Puteri Management  
+6096178831

[www.museum.terengganu.gov.my](http://www.museum.terengganu.gov.my)

#### **FUN FACT!**

*Other attractions–lighthouse, canons and graveyards.*



The breathtaking sight of the floating mosque  
© Tourism Malaysia



### **Tengku Tengah Zaharah Mosque\***

Where else can you find an awe-inspiring floating mosque?

#### **WHEN**

All Day (except prayer times)

#### **ADMISSION**

Free

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **SMART TIP**

*Take pictures during high tide as the mosque really looks like it's floating on water. Dress appropriately when entering mosque—females must wear head scarves.*

### **Seberang Takir \***

See Terengganu's cottage industry by watching villagers make 'Keropok Lekor', batik printing, dried salted fish and more!

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi–5 mins from city to Kuala Terengganu Waterfront,  
Boat–5 mins across the river.

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

### **Boat Making \***

Cross over to Pulau Duyong and witness traditional boat making by skilled craftsmen.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi–15 mins from city

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **SMART-TIP**

*Bring your camera to capture this nearly-dying craft.*

### **Pura Tanjung Sabtu \***

Marvel at the nine beautifully preserved 200 year-old traditional wooden houses.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Pura Tanjung Sabtu  
+6096153655

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **FUN FACT!**

*Nominated 'Aga Khan Award for Architecture' in 2007*

#### **SMART-TIP**

*Stay at the houses to get an overall experience!*



Traditional boat making at Pulau Duyong  
© Tourism Malaysia

*\* denotes Local Faves*

**BUY**

Batik demo at Noor Arfa Craft Complex  
© Tourism Malaysia

### **Malaysian Handicraft Centre\***

Get your hands on hand-woven baskets, wood carvings, 'batik' and 'songket' (weaved cloth).

#### **WHEN**

Daily, 9.00am – 5.00pm

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **FUN FACT!**

*Try printing your own batik!*

### **Noor Arfa Craft Complex \***

Ready-made stylish 'batik', 'sarong' and 'songket' for you to flaunt back home.

#### **WHEN**

Daily, 9.00am – 6.00pm;  
Restaurant, 11.00am – 11.00pm

#### **HOW**

Taxi–15 mins from city

#### **CONTACT**

+ 6096179700

[www.noor-arfa.com.my](http://www.noor-arfa.com.my)

### **Pasar Payang Central Market\***

Brass wares everywhere you look! There are others things to buy too like apparel and fresh produces.

#### **WHEN**

Daily, 10:00am – 10:00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Terengganu Tourism Information Centre  
+6096231553

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

#### **SMART TIP**

*Bargaining is a must!*

### **Sutera Semai Silk Gallery \***

Gorgeous hand-woven silk, anyone?

#### **WHEN**

All Day (except prayer times)

#### **HOW**

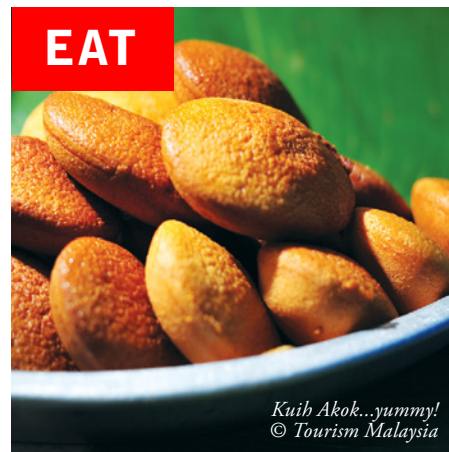
Taxi–5 mins from city

#### **CONTACT**

Permint Sutera Semai  
+6096171355

[www.tourism.terengganu.gov.my](http://www.tourism.terengganu.gov.my)

*\* denotes Local Faves*

**EAT**

Kuih Akok...yummy!  
© Tourism Malaysia

### **Nasi Dagang \***

One thing's for sure—a plate of this aromatic Siamese white rice and glutinous rice mix, drenched with thick, curry-like fish gravy will set you for the day.

### **Satar \***

A cone-shaped banana leaf stuffed with succulent fish paste filling of coconut milk, ginger, herbs and spices, grilled over charcoal. Simply lip-smacking!

### **Keropok Lekor \***

Deep-fried fish sausages, one-of-a-kind and utterly scrumptious.

### **Ayam Percik \***

Spicy and juicy goodness of roasted chicken basted with a lemongrass-based paste.

### **Laksam\***

Thick, coconut and fish gravy served with slices of rolled rice flour dough. Words can't describe how delicious this dish is!

#### ***Other must-eats :***

*Lemang, Otak-Otak, Seafood, Stuffed Crab, Kuih Akok*



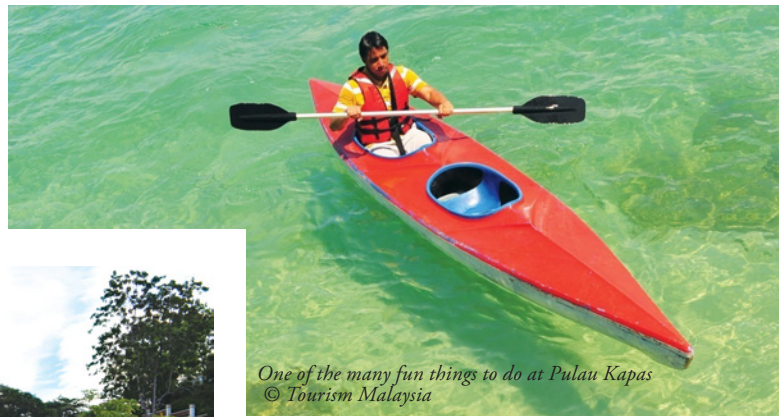
Exotic sights and produces at the markets  
© Tourism Malaysia



Lemang  
© Tourism Malaysia



# 3 DAYS OF LEISURELY KUALA TERENGGANU



Fantastic photo opportunities at Istana Maziah  
© Tourism Malaysia



Bewah and Taat Caves at Kenyir Lake  
© Tourism Malaysia



## DAY 1

### Morning

#### HUNT FOR BREAKFAST

Local food at its best

- Street vendors along Jalan Sultan Sulaiman and at Central Market.

#### A DOSE OF CULTURE AND HISTORY

Learn about the rich heritage of this city.

- Terengganu State Museum
- Bukit Puteri
- Chinatown
- Tengku Tengah Zaharah Mosque
- Istana Maziah
- Seberang Takir

### Evening

#### RECREATIONAL FUN

Watch the beautiful sunset, have a nice evening stroll and sample delicious food!

- Kuala Terengganu Waterfront and Bazaar

## DAY 2

### Morning

#### EXPLORE THE DEEP BLUE SEA!

Dive, swim, island hop and get that tan you've always wanted.

- Pulau Kapas
- Pulau Redang

### Afternoon

#### SOUVENIR-HUNTING

Get your hands on traditional craft souvenirs!

- Malaysian Handicraft Centre
- Noor Arfa Craft Complex
- Sutera Semai Silk Gallery

### Evening

#### SHOP AND INDULGE

Brassware hunt and mouth-watering fare!

- Pasar Payang Central Market and food court

## DAY 3

### Morning

#### IMMERSE IN NATURE

There's so much to discover

- Kenyir Lake

### Evening

#### THE PERFECT MATCH!

Enjoy activities at the beach and head for succulent seafood after!

- Batu Buruk Beach
- Tian Kee Restaurant



# KOTA BHARU

Experience untainted Malay culture and heritage coupled with scenic natural landmarks, museums and traditional handicrafts.

## DID YOU KNOW ?

- The state of Kelantan is also known as 'The Cradle of Malay Culture'.
- Kota Bharu was the landing port for the Japanese invasion of Malaya during WWII

## DO

### Perhentian Island \*

A must-go for its pristine white beaches, clear water and amazing snorkelling.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Taxi-1 hr from city centre to Kuala Besut, Speedboat-30 mins from Kuala Besut to Pulau Perhentian

#### SMART TIP

*Perhentian Island consists of two islands--Perhentian Besar is more suitable for families, and Perhentian Kecil is buzzing with young adults and couples on honeymoon.*

### Gelanggang Seni \*

Enjoy true Malay heritage performances here such as 'wayang kulit' (shadow puppetry), 'silat' (art of self-defense), and 'wau' (traditional kite).

#### WHEN

Mon, Wed and Sat, 3.30pm – 5.30pm  
Mon and Sat, 9.00pm – 12.00am

## HOW TO GET THERE

#### FROM

Kuala Lumpur

#### FREQUENCIES

7x Daily

#### FARE

from RM53

Bisikan Bayu Beach  
© Tourism Malaysia



Perhentian Island  
© Goh Weiyang



Wayang Kulit  
© Tourism Malaysia



#### ADMISSION

Free

#### HOW

Taxi-10 mins from city

#### CONTACT

+6097443124

## FUN FACT!

*'Wayang kulit' was performed during the old days as entertainment during weddings, births, in honouring teachers, and to celebrate a good rice harvest.*

### Merdeka Square

This historical landmark was established as a memorial for World War I.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Taxi-10 mins from city

#### CONTACT

Kelantan Tourism Board

+6097477554

[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

**BOOK NOW!**





Cahaya Bulan Beach  
© Tourism Malaysia

### **Sabak Besar Fishing Village**

Experience Malay life at this picturesque fishing pier, where hundreds of colourful boats line up the shore.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi—20 mins from city

#### **CONTACT**

Kelantan Tourism Board

+6097477554

[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

#### **SMART TIP**

*Best to visit before 2.30pm, when fishermen return with their day's catch.*

### **Cahaya Bulan Beach \***

Popular beach among locals to enjoy picnic, beach activities and the calm ocean breeze.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi—15 mins from city

#### **SMART TIP**

*En route to the beach, visit the vibrant handicraft area that produces authentic Kelantanese 'batik', 'songket' and 'wau' (traditional kites).*

### **Jeram Pasu Waterfalls**

Surrounded by lush nature and serene jungle atmosphere, have a splashing great time dipping into the crystal clear icy water that is truly refreshing!

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi—30 mins from city



Batik shops along Cahaya Bulan Beach  
© Tourism Malaysia

### **Bisikan Bayu Beach**

This 'Beach of the Whispering Breeze' is lined up with tall casuarinas that offer a quiet shade—great for family picnics by the beach.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi—30 mins from city

### **RECOMMENDED STAY**

**FROM RM35**

Tune Hotel Kota Bharu City Centre

★ ★ ★



**SEE**

Gong, a traditional Kelantanese musical instrument  
© Tourism Malaysia

### **Bank Kerapu (War Museum)**

Offers fascinating exhibits of documents, pictures and military paraphernalia related to the Japanese occupation in the country.

#### **WHEN**

10.30am – 5.45pm. Closed Fridays.

#### **ADMISSION**

Free

#### **HOW**

Taxi—5 mins from city

#### **CONTACT**

+6097482266

#### **FUN FACT!**

*Originally constructed in 1912 as the state's first bank, the Japanese army turned it into the HQ of Kempetai—the feared secret police during World War II.*

### **Islamic Museum \***

Learn about intricate Islamic arts and crafts as well as documents that mark the history and influence of Islam in Kelantan.

#### **WHEN**

10.30am – 5.45pm. Closed Fridays.

#### **ADMISSION**

RM2-Adult, RM1-Child

#### **HOW**

Taxi—5 mins from city

#### **CONTACT**

+6097482266

*\*denotes Local Faves*



### **FUN FACT!**

*This museum also houses a picture gallery of Prophet Muhammad's personal belongings.*

### **Handicraft Village and Craft Museum (Balai Getam Guri) \***

Have a leisurely day browsing traditional tools and handicrafts at this museum, set in a charming Kelantanese village setting.

#### **WHEN**

8.30am – 4.45pm. Closed Fridays

#### **ADMISSION**

Free

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Kelantan Tourism Board

+6097477554

[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

#### **SMART TIP**

*Cultural shows and craft demonstrations are held from time to time. Contact Kelantan Tourism Board for more info.*

### **Istana Jahar (Museum of Royal Tradition and Customs)**

Gain insight into Kelantan's monarchy at this gallery showcasing equipment and outfits for royal ceremonies.

#### **WHEN**

10.30am – 5.45pm. Closed Fridays

#### **ADMISSION**

RM2-Adult, RM1-Child

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

+6097482266

### **FUN FACT!**

*Built in 1855 by Sultan Muhammad II for his grandson Long Kundur, this old castle is a fine example of Kelantan's great craftsmanship.*



### **Kelantan State Museum**

This museum showcases precious arts, crafts and traditional musical instruments of Kelantan.

#### **WHEN**

8.30am – 4.45pm.

#### **ADMISSION**

RM2-Adult, RM1-Child

#### **HOW**

Taxi–5 mins from city centre

#### **CONTACT**

Kelantan State Museum

+6097444666

#### **SMART TIP**

*Check out the Saturday weekly market from 9.00am–4.00pm where locals exhibit and sell their wares.*

### **Wat Photivihan**

This exquisite Buddhist temple is home to a 40-metre reclining Buddha, one of the longest in South East Asia.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi–45 mins from city

*\*denotes Local Faves*





### **Pasar Siti Khadijah \***

One of Kelantan's landmark attractions, find fresh goods such as vegetables, local snacks, tropical fruits and more.

#### **WHEN**

6.00am – 6.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Kelantan Tourism Board  
+6097477554  
[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

#### **FUN FACT!**

*The lively atmosphere of chitter-chatter between the mostly women traders and visitors is a sight to behold.*

### **Wakaf Che Yeh \***

This bustling open-air night market is great for bargains on clothes, knick-knacks and local street food.

#### **WHEN**

6.00pm – 2.00am

#### **HOW**

Taxi–10 mins city

#### **CONTACT**

Kelantan Tourism Board  
+6097477554  
[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

### **KB Mall**

Kota Bharu's biggest shopping mall where you will find everything from lifestyle items to fresh produces.

#### **WHEN**

10.00am – 10.00pm



#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Kelantan Tourism Board  
+6097477554  
[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

### **Rantau Panjang Free Trade Zone \***

Duty-free shopping at its best where you find items ranging from clothes to electronic goods, decorative items to handicrafts and souvenirs.

#### **WHEN**

8.00am – 6.00pm

#### **HOW**

Taxi–45 mins from city  
Bus 29 at Merdeka Square bus station

#### **CONTACT**

Kelantan Tourism Board  
+6097477554  
[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

### **Bazaar Buluh Kubu**

Ladies will absolutely go crazy here for the wide variety of textile including batik and intricately hand-woven 'songket'.

#### **WHEN**

9.00am – 6.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Kelantan Tourism Board  
+6097477554  
[www.tic.kelantan.gov.my](http://www.tic.kelantan.gov.my)

*\*denotes Local Faves*



### **Nasi Kerabu \***

A truly appetizing Kelantanese dish of rice mixed with herbs and veggies, best eaten with grilled beef, 'keropok' and 'solok lada'.



### **Nasi Dagang \***

This authentic Malaysian east coast cuisine consists of steamed rice in coconut milk, complemented with boiled egg, fried coconut, vegetable pickle, 'sambal', and either fish or prawn curry.

### **Laksam \***

White rolls of thick rice flour noodles splashed with flavoursome fish and coconut gravy. It's creamy, spicy and tasty!

### **Pulut Panggang**

A Kelantanese appetiser that's easily available at the night markets, this grilled glutinous rice wrapped in banana leaves is simply delish!

### **Ayam Percik**

Satisfy your tummy with this savoury meal of chicken that is roasted in local herbs and served with thick and flavourful coconut sauce.

#### ***Other must-eats:***

*Nasi Berlauk, Nasi Tumpang, Kuih Tepung Pelita, Kuih Puteri Mandi*



## Special Feature II

### AN AFFAIR TO REMEMBER

Vacation with your loved one is not about getting away, it's about getting in touch.

By Irvin Hanni

*Lock in the love and reignite the fire in your relationship with an exotic romantic holiday in Malaysia. A country rich in natural beauty as well as in culture and heritage, you can be sure that whichever destination picked, a memorable affair awaits you love birds.*



Sun, sea, sand and amour



Sailing into the sunset

### INTIMATE ISLAND FLING

Nothing beats soft waves crashing gently on the glistening golden sands and swaying palm trees to serenade your lover. Malaysia with its well-known stunning shores offers plenty of that for the perfect island honeymoon.

Begin your love journey by pampering your sweetheart with the ultimate spa retreat at blissful **Tanjong Jara** or **Pangkor Laut**. Or marvel at **Tioman Island's** gorgeous and colourful palate of corals and fishes while snorkelling together hand in hand. Your love is priceless; why not splurge on a private yacht cruise at **Langkawi Island** where you luxuriate in scenic sunset sail over the Andaman Sea.

If you are after an intimate night under the stars, **Kapalai Island** lets you enjoy each other's embrace while sipping champagne on your private bungalow deck, overlooking the beautiful and serene Celebes Sea. A private romantic candle light dinner on a secluded beach in **Perhentian Island** can also be arranged, chaperoned only by sultry breeze and the bright moonshine.

### EXOTIC DATE WITH NATURE

Sand and sea not your cup of tea? Then, keep the passion burning with lots of warm hugs amidst cool climate at some of Malaysia's most enticing nature spots. Plan a date at **Kinabalu Park**, a good place to see Bornean flora and fauna with the majestic **Mount Kinabalu** in the background. Or take pleasure in a stroll along the scenic tea plantations at **Cameron Highlands** and cap off your date with a spontaneous picnic with chocolate-dipped fresh strawberries and hot tea.



Exotic Borneo rainforest

You can also make your way over to **Kenyir Lake** and indulge in total relaxation surrounded by the calm lake waters and ample greenery. The more adventurous couples will certainly like exploring the exotic tropical rainforest of **Mulu National Park** on a small wooden boat.





## NOSTALGIA ON THE HERITAGE LANE

A leisurely activity is also food for romance. How about renting a pimped-out trishaw and spend a fun day sightseeing around **Malacca** and **Penang**, where together you take a walk down memory lane to see the unique fusion of Malaysian heritage mixed with western influences.

Meanwhile at the idyllic **Sarawak Cultural Village**, the lush traditional village setting not only paints a picturesque backdrop for a pleasant date but you'll also get to experience the fascinating cultural traits of different Borneo tribes.

## RENDEZVOUS IN THE CITY

Rich cultural heritage amidst the brilliant cosmopolitanism, the cities of Malaysia are also buzzing with romance and glamour. What better way to see **Kuala Lumpur** than via a romantic helicopter ride? Love is literally in the air as you fly 1000 feet above ground level on a scenic tour around the capital city with the one you adore. The great cityscape can also be enjoyed from atop **KL Tower**, where you savour an exquisite candle light dinner at the Atmosphere 360° Revolving Restaurant.

If height makes you dizzy, how about a tête-à-tête by the water? Surprise your partner with an enticing dinner cruise along the Tebrau Straits in **Johor Bahru**. Or perhaps you both would like



to hop on a lovely traditional boat sail around **Lake Putrajaya** and cherish a tranquil moment while marvelling at the great buildings.

And like cherry on top of a cupcake, end your passionate holiday with a stroll along the **Kuching Waterfront** during sunset. Hand in hand and sharing an ice cream cone together, a sweet moment like this is simple but will definitely be treasured for a long time.

With endless romantic getaways ready to fill your fling with passion, it's time to whisk your lover away for a truly unforgettable vacation in Malaysia. After all, couples who travel together stay together, agree?

## CONTACTS

### KUALA LUMPUR SKY TOUR

+60321664755  
[www.acealtairtravels.com](http://www.acealtairtravels.com)

### KL TOWER ATMOSPHERE 360

+60320202121  
[www.kltower.com.my](http://www.kltower.com.my)

### PANGKOR LAUT RESORT

+60327831000  
[www.pangkorlautresort.com](http://www.pangkorlautresort.com)

### TANJONG JARA RESORT

+60327831000  
[www.tanjungjararesort.com](http://www.tanjungjararesort.com)

### PULAU LANGKAWI YACHT CHARTER

+60134073166  
[www.bluewatersailing.com](http://www.bluewatersailing.com)

### PUTRAJAYA LAKE CRUISE

+60388885539  
[www.cruisetasikputrajaya.com](http://www.cruisetasikputrajaya.com)

### JOHOR BAHRU CRUISE DINNER

+60177039988  
[www.dangabay.com](http://www.dangabay.com)

### KENYIR LAKE

+609626202  
[www.kenyirlake.com](http://www.kenyirlake.com)

### SARAWAK CULTURAL VILLAGE

+6082846411  
[www.scv.com.my](http://www.scv.com.my)

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# ALOR SETAR

## DO

Menara Alor Setar  
© Tourism Malaysia



## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	2x Daily	from RM63

## DID YOU KNOW ?

- Alor Setar is Kedah's state capital
- Malaysia's first and fourth Prime Ministers hailed from here



From vibrant paddy fields to state-of-the-art buildings, Alor Setar being one of Malaysia's oldest cities is rapidly growing.

Sail away on a catamaran!  
© Tourism Malaysia

## Menara Alor Setar \*

An iconic modern symbol, it stands at 165.5 metres tall and offers a breath-taking view of the city's skyline.

### WHEN

Daily, 9.00am – 10.00pm

### ADMISSION

RM6-Adult, RM3-Child (6-12 years)

### HOW

Taxi-5 mins from city

### CONTACT

+6047202234 / 7202901

[www.menaraalorstar.com.my](http://www.menaraalorstar.com.my)

## FUN FACT!

*It has a rotating restaurant called Seri Angkasa so you can dine while enjoying the gorgeous view!*

## Pantai Merdeka \*

Get into some water sports action, picnics or just laze under the sun. There's island hopping and visiting the nearby fishing village too!

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi-30 mins from city

### CONTACT

Kuala Muda District, Kuala Lumpur

Tourist Office: +60326158188

Tourism Infoline : 1300885050

## SMART TIP

*Wear light clothing, drink plenty of water and don't forget your sun block!*

## Hutan Lipur Sungai Sedim \*

Enjoy extreme sports like white water rafting and rubber tubing or fall in love with nature again with the lush flora and fauna.

### WHEN

Recreation Park-All Day

Tree Top Walk-Daily, 8.30am

– 5.30pm. Closed during extreme weather.

### ADMISSION

Recreation Park-Free

Tree Top Walk – RM1 Adult, RM6 Child

### HOW

Taxi-3hrs from city

Mini-Van: Check with your hotel for arrangements.

**BOOK NOW!**





Fun Tree Top Walk  
© Tourism Malaysia



The magnificent Gunung Keriang  
© Tourism Malaysia

### CONTACT

Gunung Inas Forest Reserve, Kulim District  
Kedah Tourist Office:  
+6047312322 / 7301322  
Tourism Infoline: 1300885050

### FUN FACT!

*You can spend the night camping at designated camp sites*

### SMART TIP

*Bring extra clothes, insect repellent, drink plenty of water, and rent a car / 4WD (a great way to explore the sights along the way)*

### Gunung Keriang

The place for adventure seekers to jungle trek, do rock climbing, explore caves and even search for some crystals, if you're lucky.

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi-10 mins from city

### CONTACT

Gunung Keriang Recreational Park,  
Kota Setar District

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline: 1300885050

### SMART TIP

*Wear appropriate gear during extreme sports and drink plenty of water.*

*\* denotes Local Faves*

### RECOMMENDED STAY

FROM RM45

Tune Hotel Kulim

★★★★

### Batu Hampar Waterfalls \*

Pack your goodies and enjoy a fun picnic by the waterfalls. Great for swimming and hiking too!

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi-1hr from city

### CONTACT

Gunung Jerai Recreational Park,  
Yan District

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline: 1300885050



Enjoy a picnic by the waterfall  
© Tourism Malaysia



SEE

Muzium Diraja Kedah



### **Kota Kuala Kedah \***

Marvel at the fort from days gone by, built to ward off enemies from the sea. Have some fresh seafood next door at the fishing village thereafter.

#### **WHEN**

Sat-Thur, 9.00am – 6.00pm;  
Fri, 9.00am – 12.30pm,  
2.30pm – 6.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–1hr from city

#### **CONTACT**

Kompleks Sejarah Kota Kuala Kedah:  
+6047319297

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline: 1300885050

[www.tourism.gov.my](http://www.tourism.gov.my)

#### **SMART TIP**

*Wear comfy shoes and drink plenty of water.*



Have a great time at Kota Kuala Kedah  
© Tourism Malaysia

### **Muzium Padi \***

Everything and anything related to paddy is on display and you can even experience a bullock cart ride ('kereta lembu') on weekends.

#### **WHEN**

Sat-Thur, 9.00am – 5.00pm;  
Fri, 9.00am – 12.30pm,  
2.30pm – 5.00pm

#### **ADMISSION**

RM3-Adult, RM1-Child, RM2-Camera

#### **HOW**

Taxi–15 mins from city

#### **CONTACT**

Muzium Padi (Paddy Museum) :  
+6047351315

Kedah Museum Board :

+6047331162

[www.tourism.gov.my](http://www.tourism.gov.my)

#### **FUN FACT!**

*It has a cool 360-degree mural by North Korean artists.*

#### **SMART TIP**

*Bring small change for admission tickets.*

### **Balai Seni Negeri \***

Great works of art are on display—paintings, photographs, musical instruments and many more.

#### **WHEN**

Sat-Thur, 10.00am – 6.00pm;  
Fri, 10.00am – 12.00pm,

2.00pm – 6.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Medan Bandar, Jalan Raja

+6047325752

[www.jmm.gov.my/en/museum/kedah-state-art-gallery](http://www.jmm.gov.my/en/museum/kedah-state-art-gallery)

#### **FUN FACT!**

*There are exhibitions happening on intervals!*

### **Wat Nikrodharam \***

Located downtown is the most imposing Buddhist temple complex, resplendent with gilded roofs and colourful mosaic walls.

#### **WHEN**

Mon-Fri, 10.00am – 6.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–5 mins from city

On foot–15 mins

#### **CONTACT**

Medan Bandar, Jalan Raja

+6047325752

#### **SMART TIP**

*Wear decent clothing when visiting the temple complex.*

### **Muzium Diraja Kedah**

Pretend that you're royalty while walking through the amazing displays of Kedah's monarchy including the royal carriages and boats in the courtyard.

#### **WHEN**

Sat-Thur, 10.00am – 6.00pm;  
Fri, 9.30am – 12.00pm,  
2.00pm – 6.00pm

#### **ADMISSION**

Free

#### **HOW**

Taxi–5 mins from city

On foot–15 mins

#### **CONTACT**

+6047327937

[www.jmm.gov.my/ms/museum/kedah-royal-museum](http://www.jmm.gov.my/ms/museum/kedah-royal-museum)

## **Rumah Kelahiran Mahathir \***

Visit the restored home of Malaysia's fourth Prime Minister, Tun Dr. Mahathir Mohamad and get insights on his formative years.



*The furnishings inside Rumah Kelahiran Mahathir*  
© Tourism Malaysia

### **WHEN**

Tue-Sun, 10.00am – 5.00pm;

Fri, 10.00am – 12.00pm,

3.00pm – 5.00pm

Closed Mon except Public and School Holidays

### **ADMISSION**

Free

### **HOW**

Taxi-15 mins from city

### **CONTACT**

Lorong Kilang Ais, Jalan Pegawai

The National Archives Malaysia

(Kedah Branch): +6047722319

Tourism Malaysia Kedah Office:

+6047312322 / 7301322

[www.arkib.gov.my/rumah\\_kelahiran\\_mahathir](http://www.arkib.gov.my/rumah_kelahiran_mahathir)

### **FUN FACT!**

*The furnishings inside the house is from the 1920's*

## **Masjid Zahir**

Old as it is grand, this state mosque is truly an architectural wonder which is a must visit for all.

### **WHEN**

All Day (except during prayer times)

### **ADMISSION**

Free

### **HOW**

Taxi-15 mins from city



*The grand Masjid Zahir*  
© Tourism Malaysia

### **CONTACT**

Lorong Kilang Ais, Jalan Pegawai

Tourism Malaysia Kedah Office:

+6047312322 / 7301322

[www.tourism.gov.my](http://www.tourism.gov.my)

### **SMART TIP**

*Wear clothing which covers arms and legs before entering the mosque. For ladies, wear a scarf over your head.*

## **Muzium Arkeologi Lembah Bujang \***

Ancient artefacts like pottery, stoneware and even beads can be observed at the oldest centre of international trade, which also has relics of temples (stupa).

### **WHEN**

Sat-Thur, 8.00am – 4.15pm;

Fri, 8.00am – 12.00pm,

3.00pm – 4.15pm

### **ADMISSION**

Free

### **HOW**

Taxi-30 mins from city

### **CONTACT**

+6044572005

[www.jmm.gov.my/en/museum/lembah-bujang-archaeological-museum](http://www.jmm.gov.my/en/museum/lembah-bujang-archaeological-museum)

### **SMART TIP**

*Wear light clothing and drink plenty of water*



*Muzium Arkeologi Lembah Bujang*  
© Tourism Malaysia

*\* denotes Local Faves*



**BUY**

*Dried seafood products*  
© Tourism Malaysia

## **Pekan Rabu \***

Although it means 'Wednesday Market', it opens daily and offers handicrafts, clothes, accessories and everything else under the sun!

### **WHEN**

Daily, 8.00am – 9.00pm

### **HOW**

Taxi-10 mins from city

### **CONTACT**

[www.pekanrabu.com/preng.html](http://www.pekanrabu.com/preng.html)

### **SMART TIP**

*Wear comfy shoes and bargain as much as you can.*

## **Plaza Kuala Kedah**

It's the best place to buy dried seafood and compressed shrimp paste ('belacan').

### **WHEN**

Daily, 9.00am – 9.00pm

### **HOW**

Taxi-1hr from city

### **CONTACT**

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline: 1300885050

### **FUN FACT!**

*Fresh seafood can be frozen for you to take home.*

### **SMART TIP**

*Wear comfy shoes and bargain as much as you can.*





Have fun at the markets  
© Tourism Malaysia



There's something for everyone  
© Tourism Malaysia

### **City Plaza \***

Expect loads of goodies to buy like local trinkets to designer labels.

#### **WHEN**

Daily, 9.00am – 9.00pm

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline: 1300885050

#### **FUN FACT!**

*There are entertainment outlets, restaurants and even a hotel attached to this mall.*

### **Souq Al-Bukhary**

A unique combination of a shopping mall and a bazaar, with awe-inspiring Moorish architecture and has plenty of shopping opportunities especially for antiques.

#### **WHEN**

Daily, 9.00am – 10.00pm

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline: 1300885050

#### **SMART TIP**

*Bargain away!*

### **Plaza Putra \***

The only tech mall offering a vast range of electronic products at the best price.

#### **WHEN**

Daily, 9.00am – 9.00pm

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Kedah Tourist Office:

+6047312322 / 7301322

Tourism Infoline : 1300885050

#### **SMART TIP**

*No harm bargaining and insist on receipts / warranties*



Sweet pulut  
© Tourism Malaysia



Flavourful curry mee  
© Tourism Malaysia

### **Nasi Lemak \***

The northern version of this famous Malaysian breakfast staple is richer, spicier and simply mouth-watering! Its rice cooked in coconut milk, served with tasty condiments with mixed gravy. Yummy!

### **Laksa\***

A delicious bowl of rice noodles immersed in thick, spicy fish gravy is the best thing to have on a rainy day or when you don't want to have too much.

### **Curry Mee**

Nothing has ever tasted so good than a steamy bowl of yellow rice noodles, served with fried tofu, fresh cockles in spicy curry paste gravy.

### **Pulut**

Glutinous rice (beras pulut) from Kedah is said to be the best and the cooked variations include 'pulut kuning', 'pulut sambal', 'pulut inti' and many other sweet or savoury types.

### **Asam Pedas \***

There's always room for 'Asam Pedas', a flavourful spicy gravy dish normally cooked with fish. Eat it with steaming hot rice and you just can't get enough of it!

#### ***Other must-eats:***

*Dodol, Baulu, Nasi Ulam, Pekasam*

*\* denotes Local Faves*



## Nearby States' Attractions



### PERLIS

CAPITAL KANGAR

#### **DO AND SEE**

Snake Farm, Al-Hussein Floating Mosque, Melati Lake, Kelam Cave, Mount Medan.

#### **EAT**

Laksa, Harumanis Mango, Grilled Seafood.

#### **BUY**

Household Goods @ Padang Besar Market.

#### **FLY WITH AIRASIA TO**

Alor Setar—45 mins by taxi to Kangar.

### PERAK

CAPITAL IPOH

#### **DO AND SEE**

Kellie's Castle, Pangkor Island, Tempurung Cave, Royal Belum State Park, Off-Road Driving @ Lasah, Whitewater Rafting, Ipoh Heritage Trail.

#### **EAT**

Ipoh Hor Fun (flat rice noodles in soup), Bean Sprout Chicken Rice, Salt-Baked Chicken.

#### **BUY**

Fragrant Biscuit, Pottery @ Jalan Kuala Kangsar, Ipoh White Coffee.

#### **FLY WITH AIRASIA TO**

LCC Terminal, KL or Penang—2hrs by bus/taxi to Ipoh.

### PAHANG

CAPITAL KUANTAN

#### **DO AND SEE**

Taman Negara National Park, Cameron Highlands, Genting Highlands, Chini Lake, Cherating Beach, Pulau Keladi Cultural Village, Fraser's Hill.

#### **EAT**

Seafood, Hainanese Cuisine, Otak-Otak (steamed herbed fish paste), Steamboat.

#### **BUY**

Handicrafts and Batik.

#### **FLY WITH AIRASIA TO**

Kuala Terengganu—1hr 15 mins by taxi to Kuantan.







*Enjoy trishaw rides at the Dutch Square, Malacca*  
© Tourism Malaysia

## **MALACCA**

### **CAPITAL MALACCA CITY**

#### **DO AND SEE**

The Dutch Square, Jonker Street, River Cruise, The Heritage Walk, Maritime Museum, Taming Sari Revolving Tower, Portuguese Settlement, Mini ASEAN Park, Night Safari, Peranakan Museum.

#### **EAT**

Chicken Rice Ball, Cendol, Portuguese-Style Seafood, Asam Pedas, Peranakan Cuisine.

#### **BUY**

Antiques, Dried Seafood Products, Handicrafts.

#### **FLY WITH AIRASIA TO**

LCC Terminal, KL–1hr 30 mins by taxi to Malacca city.



*Port Dickson*  
© Tourism Malaysia

## **NEGERI SEMBILAN**

### **CAPITAL SEREMBAN**

#### **DO AND SEE**

Seri Menanti Palace Museum, Seremban Cultural Complex, Port Dickson (popular seaside town), Ulu Bendol Recreational Forest, Pedas Hot Springs.

#### **EAT**

Siew Pau (baked pastry with filling), Beef Noodle, Hakka Noodle.

#### **BUY**

Goods at Nilai 3 Wholesale Centre (the largest in Malaysia).

#### **FLY WITH AIRASIA TO**

LCC Terminal, KL–30 mins by taxi to Seremban.

#### **BEYOND THIS GUIDE :**

[More of Malaysia with Less Moolah!](#)  
[Surf's Up!](#)

# KUCHING

DO

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	12x Daily	from RM83
Johor Bahru	2x Daily	from RM60
Bintulu	2x Daily	from RM60
Kota Kinabalu	2x Daily	from RM90
Miri	2x Daily	from RM100
Sibu	2x Daily	from RM40
Penang	1x Daily	from RM80

Described as one of the most attractive cities in Southeast Asia, this Cat City is not only famous for its well sustained nature and wildlife but also for its diverse culture and food!

### DID YOU KNOW?

- With a population of only about 600,000 people, Kuching still is the largest city in Borneo.
- Kuching means 'cat' in Malay and surprisingly, there are not many cats here!

*Caving is for the adventurous.*  
© Tourism Malaysia

## Borneo Highlands

Kayak through the rainforest, swim with the Bidayus, and feed the Orang Utans at the Semengoh Wildlife Rehabilitation Centre.

### WHEN

All Day

### ADMISSION

RM218/person with min two persons per trip.

### HOW

Hotel pick up, then kayak to destination.

### CONTACT

Sarawak Tourism Board

+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### FUN FACT!

*The longer the kayak, the faster it goes!*

### SMART TIP

*Pack extra clothes and dress in comfort.*

## Santubong

Get close with the endangered Irrawady dolphin species in the most eco-friendly way, kayaking.

### WHEN

Session time/date varies. Advance booking required for schedule.

### ADMISSION

RM118/person

### HOW

Hotel pick up, then kayak to destination.

### CONTACT

Sarawak Tourism Board

+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### FUN FACT!

*The Irrawady has a large melon and a blunt, round head compared to the common dolphins.*

## Kampung Panchor Dayak \*

Relax yourself and soak in Panchor Hot Spring, surrounded by peaceful green surroundings.

### WHEN

All Day

### ADMISSION

RM3-Adult, Free-Child.

### HOW

Taxi-45 mins from city

### CONTACT

Sarawak Tourism Board

+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### FUN FACT!

*The Dayaks believe that this hot spring is the "miracle pool" as it cures all sorts of illnesses.*

### SMART TIP

*The locals are particular with exposing too much skin, so just get in with shorts and loose t-shirts.*

**BOOK NOW!**



Buntal: Best place for rare bird watching!  
© Tourism Malaysia



Cross over to the village by the water taxi  
© Tourism Malaysia

## Buntal

Bird watching is best during dusk for rare, almost extinct species.

### WHEN

Morning to evening (preferably Oct–Mar)

### ADMISSION

Free

### HOW

Taxi/Bus (from RM10.00–RM50.00 one-way)—30 mins from city

### CONTACT

Sarawak Tourism Board  
+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### FUN FACT!

*The Eurasian Oystercatcher and Pied avocet—two rare bird species found in Buntal in 2009 created some buzz for Malaysia.*

### SMART TIP

*Great place for professional and amateur photographers.*

## The Waterfront \*

This one-kilometre strip next to the riverside is a popular haunt for sunset watching, jogging, or even just lounging to watch the world go by.

### WHEN

All Day

### ADMISSION

Free

### HOW

Bus/Taxi/Foot

### CONTACT

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### FUN FACT!

*Not regarded as being rude in anyways, locals used to just throw the fee into the boat as they leave.*

### SMART TIP

*For RM0.50, explore the other side of town for a personal adventure.*

## Fairy Cave \*

The mountains and hillsides in Sarawak are one of the best and challenging places for mountain climbing.

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi—1hr from city

### CONTACT

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### FUN FACT!

*This cave was formed about 100-150 years ago with floor formation that resembles figures and animals.*

### SMART TIP

*Hire a guide or bring a partner and take along torch-light, proper shoes, hand towel, mini first-aid kit and lots of water.*

*\* denotes Local Faves*

## RECOMMENDED STAYS

### FROM RM89

Tune Hotel Waterfront Kuching

★★★★

Grand Margherita Hotel

★★★★★

Abell Hotel

★★★★

Merdeka Palace Hotel & Suites

★★★★★

The LimeTree Hotel

★★★★

Riverside Majestic Hotel Kuching

★★★★★

Enjoy the beauty of this city  
at your own pace.



**SEE**

### The Cat Museum \*

Cat lovers, rejoice! Learn interesting facts about your furry feline friends at the only cat museum in Malaysia.

#### **WHEN**

9.00am – 5.00pm

#### **ADMISSION**

Free

#### **HOW**

Petra Jaya Transport No.2B or 2C

#### **CONTACT**

Cat Museum Sarawak  
+6082446688 ext. 805

[www.sarawaktourism.com](http://www.sarawaktourism.com)

#### **FUN FACT!**

*This museum is located on a hill,  
60 metres above sea level.*

### Tua Pek Kong Temple \*

The oldest temple in Kuching dated 1843 with a deity specially sculptured and imported from Xiamen, China.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

10-min walk from Tune Hotel Sarawak

#### **CONTACT**

Sarawak Tourism Board  
+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

#### **FUN FACT!**

*A seven-story pagoda was built to  
worship the Goddess of Mercy.*

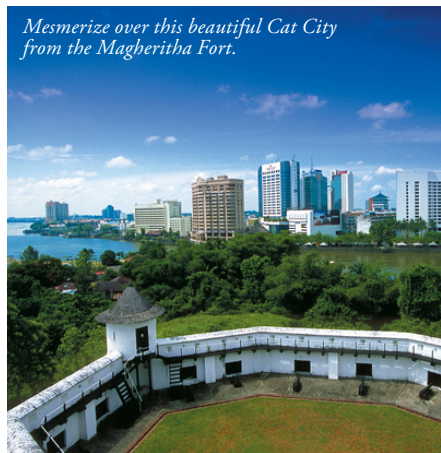


Be enchanted by the  
beauty of Astana  
and its surrounding.

### **SMART TIP**

*Dress appropriately when entering  
the temple.*

*Mesmerize over this beautiful Cat City  
from the Magheritha Fort.*



### Fort Margherita \*

A historical mark of Sarawak's Brooke Dynasty and named after Charles Brooke's wife Margaret Alice Lili de Wind.

#### **WHEN**

Daily, 9.00am – 4.30pm

#### **ADMISSION**

Free

#### **HOW**

Water taxi from The Waterfront  
(RM0.50)

#### **CONTACT**

Sarawak Tourism Board  
+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

#### **FUN FACT!**

*The fort was built to protect Kuching in  
1879, but the cannons were only fired  
during WWII when the Japanese  
attempted to bomb it but missed!*

### Astana

Presented by Charles Brooke as wedding gift to his wife, this beautiful palace opposite Kuching Waterfront is now home to Sarawak's Governor.

#### **WHEN**

Only open during major events  
e.g. Hari Raya

#### **ADMISSION**

Free

#### **HOW**

Water taxi from The Waterfront  
(RM0.50)

#### **CONTACT**

Sarawak Tourism Board  
+6082423600

[www.sarawaktourism.com](http://www.sarawaktourism.com)

### Sarawak National Museum \*

Touted as one of Southeast Asia's best museums, get in touch with Sarawak's history from the ancient tribal times till the Brooke Dynasty.

#### **WHEN**

Mon–Sun, 9.00am – 4.30pm

#### **ADMISSION**

Free

#### **HOW**

5-min walk from Carpenter Street.

#### **CONTACT**

Sarawak Museum Department  
+6082244232

[www.museum.sarawak.gov.my](http://www.museum.sarawak.gov.my)

*\* denotes Local Faves*

 **BEYOND THIS GUIDE :**  
**A purr-fect family trip!**





*Be amazed by the art of the natives in Sarawak.*

## BUY

### The Waterfront\*

A popular meeting point for locals and tourists, this boulevard showcases the diversity of Borneo in one place, from natives jungle produce to antiques and more!

#### WHEN

Daily, 10.00am – 10.00pm

#### HOW

2-min walk from major hotels in Kuching

#### CONTACT

Kuching Waterfront  
+6082426093

[www.sedctourism.com](http://www.sedctourism.com)

### Chinatown \*

Find all sorts of local ethnicity goods from food to home appliances at Jalan Padungan, Chinatown.

#### WHEN

Daily, 10.00am – 10.00pm

#### HOW

2-min walk from major hotels in Kuching

#### SMART TIP

*Best place for souvenir shopping!*



*One of the must-buys, Sarawak vase.*

### Kilang Pasu Yong Huat Heng \*

Straight from the source, get those beautiful Sarawak vases in all sizes and shapes, at a great deal!

#### WHEN

Daily, 9.00am – 6.00pm

#### HOW

Taxi/Bus–20 mins from major hotels in Kuching

#### CONTACT

Yong Huat Heng Brick and Earthenware Factory  
+6082451540

[www.sarawaktourism.com](http://www.sarawaktourism.com)

#### SMART TIP

*Request for proper packaging to parcel your vases back home.*

### Weekend Market \*

The busiest market in town that takes over Jalan Satok over the weekends is a good place to shop for everything local at great prices.

#### WHEN

Late Saturday afternoon

#### HOW

Taxi–10 mins from major hotels in Kuching

#### SMART TIP

*Best place for Sarawak 'Batik' and 'Kek Lapis'.*

### Hock Lee Centre \*

This is the centre for all sorts of things, from cheap clothes, local handicrafts, bookstores, to musical instruments and so much more!

#### WHEN

10.30am – 9.30pm

#### HOW

Taxi–10 mins from major hotels in Kuching

#### CONTACT

Hock Lee Group  
+6082481193

[www.hockleegroup.com.my](http://www.hockleegroup.com.my)

*\* denotes Local Faves*



*Keep a count of those cute cat statues all over town!*



**EAT**

*Sarawak Liberica Coffee – Nothing beats a good cup of specially brewed coffee by the locals here.*

### **Sarawak Liberica Coffee \***

Forget overpriced coffee, kick start your holiday with a cup of rich and aromatic local java at a fraction of the price!

### **Sarawak Laksa \***

Slippery vermicelli noodles served in a hot and steamy coconut prawn-paste broth with fresh prawns, shredded chicken and egg as toppings. A must-try.

### **Kolok Mee \***

Savour this addictive springy egg noodle mixed in a concoction of soy sauce, minced meat, 'char siew' (roasted pork) and a dollop of garlic oil! Best eaten with fermented chillies.



*Sarawak Laksa – A beautiful dish with a burst of rich unique flavours and aroma.*



*Kolok Mee – A must try simple noodle dish only made perfect by the Sarawakians*

### **Kueh Chap \***

This comfort food for the locals consists of cubed 'kueh' (made of rice-flour) and served in a broth mixed with every part of pork you can imagine. Simple, yet thoroughly satisfying!

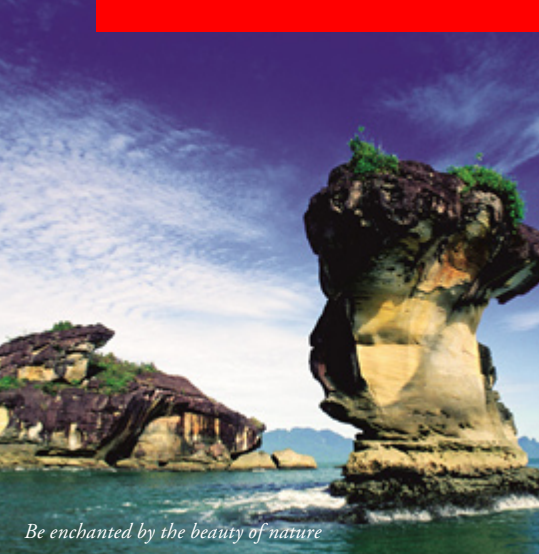
### **Sloppy Joe \***

A not-so-typical local delight and it's utterly scrumptious. Foochow Chinese hamburgers made with minced pork, sautéed in a secret sauce and stuffed in soft, deep-fried sesame-seed coated buns.

*\* denotes Local Faves*



# 3 DAYS OF REMARKABLE KUCHING



*Be enchanted by the beauty of nature*



*Get a glimpse of the lives of the natives.*



*Indulge in the diversity Sarawak has to offer!*

## DAY 1

### Morning

#### **SARAWAKIAN BREAKFAST!**

Authentic local delicacies, Coffee and Kolok Mee.

- Nam Seng @ Jalan Market

### Afternoon

#### **A GLIMPSE OF THE PAST, AND THEN NATURE WITH FAMILY**

- Waterfront Water Taxi
- Sarawak Museum
- Tua Pek Kong Temple
- Sinar Serapi Eco Theme Park

### Evening

#### **DELIGHTFUL LOCAL CUISINE**

Must-try buffet of various local flavours.

- Planet Sambal

## DAY 2

### Morning

#### **DO ADVENTUROUS STUFF!**

Get started with fresh jungle breeze as you explore the best of Sarawak.

- Rainforest Kayaking Adventure @ Borneo Highlands

### Afternoon

#### **CHILL OUT WITH THE WILD**

Escape from the bustling city life and just enjoy the beauty of nature.

- Bidayuh Village, Kg. Danu
- Kg. Semadang
- Semengoh Wildlife Rehabilitation Centre

### Evening

#### **TIME TO INDULGE**

Best way to relax after a long day is to indulge in some adventurous.

- Sarawak Laksa @ Chong Choon

## DAY 3

### Morning

#### **SHOP-TILL-YOU-DROP**

Take home some hard-to-find local treats!

- The Waterfront
- Jalan Padungan
- Sin Piao Pepper & Birds Nest
- Sarakraf
- Yong Huat Heng Brick and Earthen ware Factory

### Afternoon

#### **LUNCH AND MORE!**

Eat and be immersed in the very Asian atmosphere. Continue shopping after!

- Sloppy Joe @ Foochow
- ARTrageously Ramsey Ong
- Fabrico
- Unika Sarawak
- YCY Massage

### Evening

#### **SUNSET DINNER**

Have seafood dinner like never before!

- Lim Hock Ann Seafood @ Damai Beach



# KOTA KINABALU

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	12x Daily	from RM93
Johor Bahru	2x Daily	from RM100
Tawau	2x Daily	from RM53
Sandakan	2x Daily	from RM53

Sabah's capital city Kota Kinabalu (KK) is rich in history and heritage, complemented by its beautiful ecosystems, panoramic shores and diverse culture.

## DO

### DID YOU KNOW ?

- KK celebrates its day on Feb 2nd every year.
- Sabah is also known as 'Land Below the Wind'.

### Mount Kinabalu \*

Towering at 4095 metres high, Mount Kinabalu is the tallest mountain in Southeast Asia.

#### WHEN

All Day

#### ADMISSION

Climbers' permit: RM50-Adult, RM20-Child

#### HOW

Taxi-1.5 hrs from city  
Minivan: Depart from KK Long-Distance Bus Terminal

#### CONTACT

Sabah Tourism Board  
+608821212  
[www.sabahtourism.com](http://www.sabahtourism.com)

#### SMART TIP

Check out the Sabah tourism website for list of operators to manage your Mount Kinabalu expedition.

### Lok Kawi Wildlife Park \*

Meet Borneo's exotic wildlife including tigers, sun bears, proboscis monkeys, and many more!

#### WHEN

Daily, 9.30am – 5.30pm

#### ADMISSION

Malaysians : RM10-Adult, RM5-Child  
Tourists : RM20-Adult, RM10-Children

#### HOW

Taxi-30 mins from city

#### CONTACT

+6088765793  
[www.lokkawiwildlifepark.com](http://www.lokkawiwildlifepark.com)

#### SMART TIP

Get your camera ready as you'll never know when these adorable animals may strike a funny pose!

### Manukan Island \*

This paradise on earth is blessed with white sandy beaches, crystal clear water and golden sunshine—making it a perfect island holiday destination.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Speedboat-15 mins from Jesselton Ferry Terminal

#### CONTACT

Sabah Tourism Board  
+608821212  
[www.sabahtourism.com](http://www.sabahtourism.com)

### FUN FACT!

As part of the Tunku Abdul Rahman Marine Park archipelago, you can also go island-hopping to the nearby Sapi, Mamutik, Sulug and Gaya islands.

Lok Kawi Wildlife Park



Manukan Island



**BOOK NOW!**





### **Kinabalu Botanical Garden**

Explore Borneo's exotic flora such as Podochilus (the world's smallest orchid species), kerosene plant, and different types of pitcher plants.

#### **WHEN**

Daily, 8.00am – 5.00pm

#### **ADMISSION**

RM3

#### **HOW**

Taxi–1.5 hrs from anywhere in the city

#### **CONTACT**

Sabah Tourism Board

+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

#### **SMART TIP**

*Wear comfortable shoes and drink plenty of water.*

### **Poring Hot Springs \***

Dip your feet (or your whole body) inside the spring's hot sulphuric minerals, said to have healing properties for sore muscles.

#### **WHEN**

Daily, 7.00am – 6.00pm

#### **ADMISSION**

Malaysians: RM5-Adult, RM1-Child

Tourists: RM15-Adult, RM10-Child

#### **HOW**

Taxi–3 hrs from city

#### **CONTACT**

Sabah Tourism Board

+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)



#### **FUN FACT!**

*This place hosts other attractions such as Poring Canopy Walkway, Poring Orchid Conservation Centre, Butterfly Farm and Tropical Garden.*

### **Kota Kinabalu Wetlands Centre**

Bird lovers will absolutely love this place which houses exotic Bornean bird species such as the Great Egret, Pacific Reef Egret, Common Sandpiper, Greenshank, Redshank and Night Herons.

#### **WHEN**

Tue-Sun, 8.00am – 6.00pm.

Closed on Mondays

(except Public Holidays)

#### **ADMISSION**

Malaysians : RM5-Adult, RM3-Child

Tourists : RM10-Adult, RM5-Child

#### **HOW**

Taxi–15-mins from city

#### **CONTACT**

+6088246955

[www.sabahwetlands.org](http://www.sabahwetlands.org)

#### **SMART TIP**

*Bring binoculars, put on a hat and drink plenty of water*

### **Tiga Island**

Serene and beautiful, it's a perfect island retreat to just chill, go kayaking or dip into the natural volcanic mud pool.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi–3 hrs from city to Kuala Penyu

Speedboat–1.5 hrs from Kuala Penyu

#### **CONTACT**

Sabah Tourism Board

+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

#### **FUN FACT!**

*Tiga Island is the location of the first ever season of the hit reality TV show "Survivor".*

## **Kampung Luanti Fish Spa**

A fish spa where you are surrounded by lush nature and refreshing river while fishes nibble on your dead skin cells.

### **WHEN**

Daily, 8.00am – 5.00pm

### **ADMISSION**

Malaysians : RM3-Adult, RM1-Child

Tourists : RM5-Adult, RM2-Child

### **HOW**

Taxi-2.5 hrs from KK city centre

### **CONTACT**

Sabah Tourism

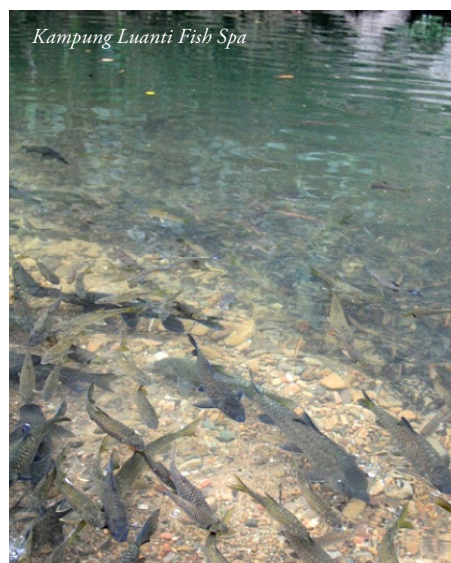
+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

### **FUN FACT!**

*There are three types of fishes here—Kelar, Lampan and Buntol, with the biggest fish weighing a whopping 3kg!*

*\* denotes Local Faves*



## **RECOMMENDED STAYS**

### **FROM RM79**

Tune Hotel 1 Borneo

★★★★

Gaya Centre Hotel Kota Kinabalu

★★★★

Novotel Kota Kinabalu 1Borneo

★★★★★

Cititel Express Kota Kinabalu

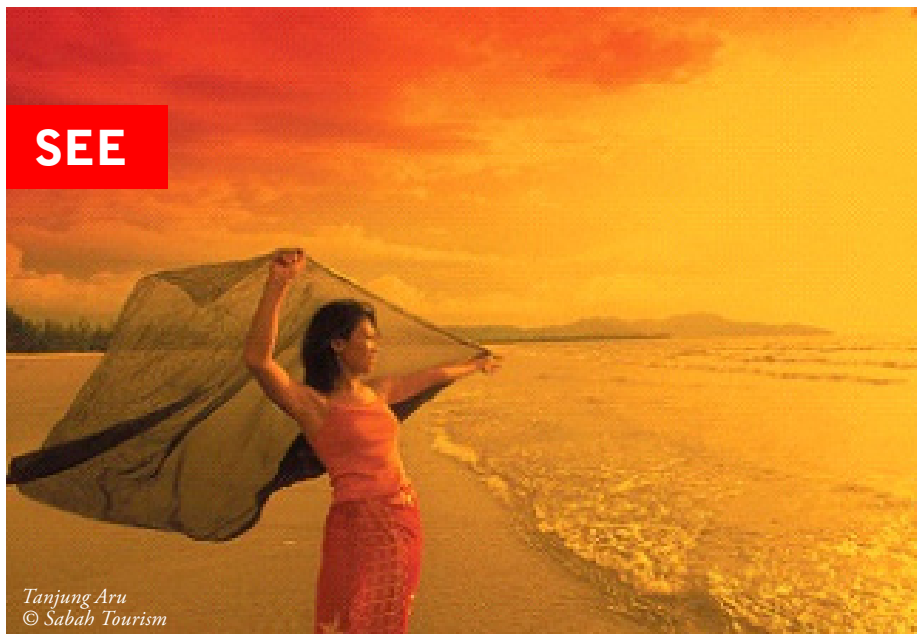
★★★★

Grand Borneo Hotel Kota Kinabalu

★★★★★

The Pacific Sutera Harbour Resort

★★★★★



## **Tanjung Aru \***

Bring your family here for some beach fun and indulge in water activities like surfing and snorkelling or just laze on the soft sands and soak up some sun.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi-15 mins from city

### **CONTACT**

Sabah Tourism

+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

### **SMART TIP**

*Pack some delicious local fares such as satay and fresh coconut drink from the nearby stalls and have a leisurely picnic whilst catching the gorgeous sunset at 6.00pm.*

## **KK Waterfront \***

Good for enjoying a great view of the South China Sea as well as people-watching, KK Waterfront is the perfect place to chill at any of the restaurants or cafes.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi-5 mins from city

### **CONTACT**

Sabah Tourism

+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

### **FUN FACT!**

*Head here at night for some hip and happening clubbing action!*

## **Sabah Museum**

This place houses information and exhibits including traditional weapons, costumes, tools, musical instruments and ritual paraphernalia of the diverse tribes of Sabah.

### **WHEN**

Daily, 9.00am – 5.00pm

### **ADMISSION**

Malaysians: RM2

Tourists: RM15

### **HOW**

Taxi-10 mins from city

### **CONTACT**

+6088253199

[www.museum.sabah.gov.my](http://www.museum.sabah.gov.my)







## **Mari Mari Cultural Village**

At this idyllic little village, you can see for yourself how Sabah's five major ethnic tribes live their daily lives just like their ancestors did hundreds of years ago.

### **WHEN**

Daily, fixed schedules–10.00am, 3.00pm and 7.00pm

### **ADMISSION**

Malaysians : RM130-Adult,  
RM100-Children  
Tourists : RM150-Adult,  
RM130-Child

### **HOW**

Taxi–25 mins from city

### **CONTACT**

Sabah Tourism  
+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

### **SMART TIP**

*Get you camera ready and have fun snapping pictures with the friendly Kadazandusun, Bajau, Murut, Rungus and Lundayeh people.*

## **Kota Kinabalu City Mosque**

Also known as the Floating Mosque, this beautiful rendering of Islamic architecture is especially illuminating at night when its silhouette reflects on the man-made lagoon.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi–10 mins from city

### **CONTACT**

Sabah Tourism  
+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

### **SMART TIP**

*Dress conservatively when entering the mosque grounds.*

## **Tanjung Simpang Mengayau \***

Sabah's well-kept secret, Tanjung Simpang Mengayau is still relatively free from hordes of tourists, which makes it the perfect place to chill out on the beach, go swimming or surfing or simply enjoy the stunning panorama.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi–3 hrs from city

### **CONTACT**

Sabah Tourism  
+608821212

[www.sabahtourism.com](http://www.sabahtourism.com)

### **FUN FACT!**

*This place is known as the Tip of Borneo because it is located on the southernmost tip of Borneo Island.*

## **Kipandi Butterfly Park**

Have a leisurely walk around the park and enjoy the cool atmosphere surrounded



by more than 8000 species of plants and over 100 species of butterflies in beautiful colours, patterns and shapes.

### **WHEN**

Daily, 9.00am – 4.00pm

### **ADMISSION**

Malaysians: RM10-Adult, RM5-Child  
Tourists : RM30-Adult, RM15-Child

### **HOW**

Taxi–30 mins from city

### **CONTACT**

+6088232015

[www.kipandi.com](http://www.kipandi.com)

## **The Green Connection**

Experience Sabah's amazing natural wonders at this eco theme park which houses replicas of the limestone caves, dense jungles and mangroves as well as a coral tank that is modeled after Sipadan Island's beautiful reefs.

### **WHEN**

Daily, 10.00am – 6.00pm

### **ADMISSION**

RM25-Adult, RM15-Child

### **HOW**

Taxi–10 mins from city

### **CONTACT**

+60138978005

[www.the-green-connection.com/green](http://www.the-green-connection.com/green)

*\* denotes Local Faves*

 **BEYOND THIS GUIDE :**  
[Paradise on earth](#)

**BUY**

*Pekan Nabalu Handicraft Market*

**WHEN**

Sun, 6.30am – 1.00pm

**HOW**

By foot or by taxi from the city

**CONTACT**

Sabah Tourism

+608897621

[www.sabahtourism.com](http://www.sabahtourism.com)

**SMART TIP**

*Wear comfy shoes and drink plenty of water.*

**Filipino Market \***

Located right beside KK Waterfront, it is a great place to shop for handicrafts, fabrics, accessories and dainty little mementos for your family and friends back home.

**WHEN**

Daily, 10.00am – 8.00pm

**HOW**

By foot or by taxi from the city

**CONTACT**

Sabah Tourism

+608897621

[www.sabahtourism.com](http://www.sabahtourism.com)

**SMART TIP**

*Greet the vendors with a big smile and prepare to bargain for the best prices!*

**One Borneo \***

Borneo's largest lifestyle shopping mall where you find designer labels and local handicrafts under one roof.

**WHEN**

Daily, 10.00am – 9.00pm

**HOW**

Taxi—1hr from the city

**CONTACT**

+6088448000

[www.1borneo.net](http://www.1borneo.net)

**FUN FACT!**

*More than just a shopping mall, there are also Oceanarium & Discovery Centre, Bowling Centre, Cineplex and Spa & Fitness Centre.*

**Tamu Kota Belud**

From fresh veggies and fruits to scrumptious street food, experience authentic local shopping at this weekly market.

**WHEN**

Sun, 6.00am – 2.00pm

**HOW**

Taxi—1 hr from the city

**CONTACT**

Sabah Tourism

+608897621

[www.sabahtourism.com](http://www.sabahtourism.com)

**Gaya Street Market \***

Every Sunday morning, the whole street is alive and buzzing with traders selling everything from antiques and souvenirs, fruits and flowers and even pets such as cats and hamsters!

**Pekan Nabalu Handicraft Market**

Bargain for the best prices on beautiful and hand-made souvenirs such as home accessories adorned with tribal patterns, beautiful cloths and little Sabahan knick-knacks you can bring home.

**WHEN**

Daily, 9.00am – 5.00pm

**HOW**

Taxi—1.5 hrs from city

**CONTACT**

Sabah Tourism

+608897621

[www.sabahtourism.com](http://www.sabahtourism.com)

**FUN FACT!**

*There's a tower located on the lot where you can enjoy a magnificent view of Mt. Kinabalu from afar.*







**EAT**

*Fresh seafood*

### **Seafood \***

Fresh succulent seafood including prawns, lobsters, crabs, squids, oysters and more are cooked in a variety of mouth-watering recipes such as butter-fried, sweet and sour, and soy sauce.

### **Tuaran Mee \***

A simple yet flavourful noodle dish that is fried with soy sauce and egg, topped with either beef or seafood and vegetables.



*Tuaran Mee*

### **Ikan Panggang**

Have your pick of fresh fishes such as stingray, barramundi, terubuk and many more—grilled to perfection, dipped into sweet and sour sauce and eaten with or without rice.

### **Ambuyat**

This thick gluey-like porridge made from sago starch and dipped with sweet fruit sauce is a truly yummy comfort food for locals.



*Sweet and sour crab*

### **Ngiau Chap**

Translated as 'mixed beef', you get all the beefy goodness in one dish that consists of minced beef balls, tender beef slices, tripe, tendon, tongue and other cow parts.

*\* denotes Local Faves*

### ***Other must-eats :***

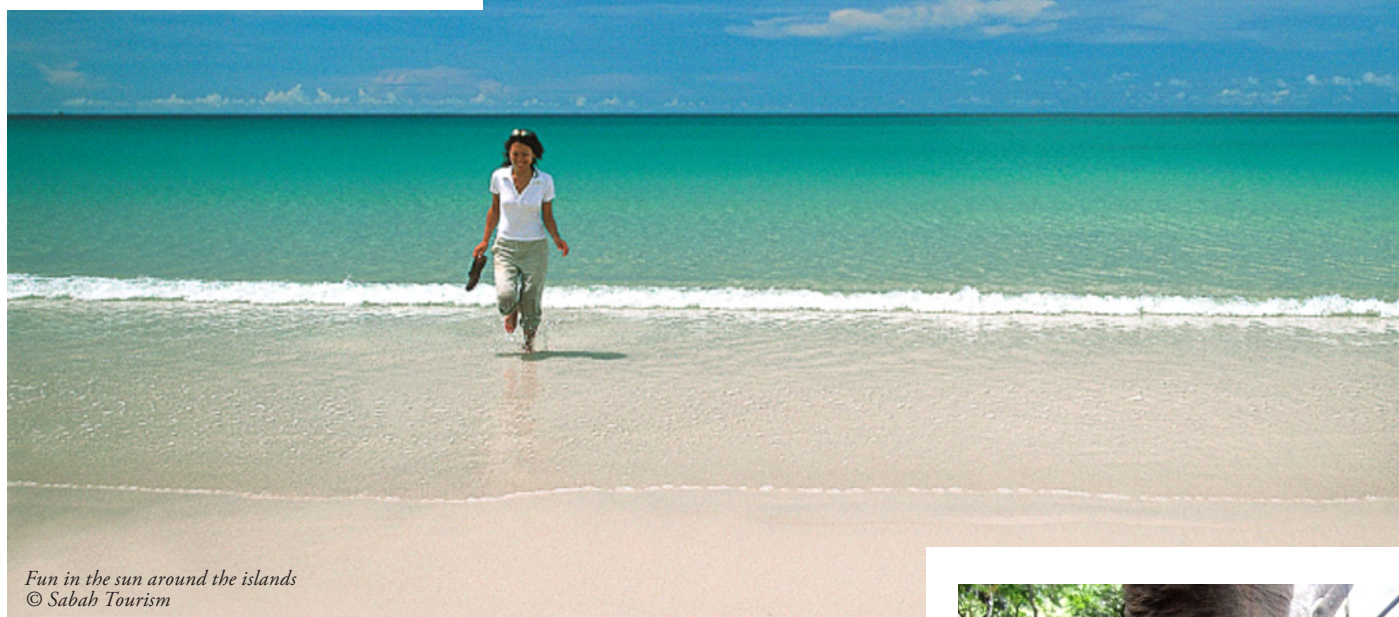
*Roti Kahwin, Bak Kut Teh, Sang Yuk Mee (pork noodles)*



*Ikan panggang*



# 3 DAYS OF CAPTIVATING KOTA KINABALU



## DAY 1

### Morning

#### A HEARTY BREAKFAST

Head to Gaya Street for a choice of old school or established 'kopitiams' for a good cup of coffee to go with signature Sabahan snack, 'Roti Kahwin'.

### Afternoon

#### ONE WITH NATURE

Get acquainted with the lush natural wonders of Borneo.

- Kinabalu Park
- Poring Hot Springs
- Poring Canopy Walk
- Kg. Luanti Fish Spa

### Evening

#### SUNSET DINNER

Dine on truly mouth-watering seafood dishes with a view of the gorgeous sunset of Tanjung Aru.

## DAY 2

### Morning

#### FUN IN THE SUN

Have breakfast at Jesselton Jetty before embarking on a fun island hopping tour of the islands of Tunku Abdul Rahman Marine Park.

### Afternoon

#### LET'S HOP AROUND THE ISLANDS!

Swim among the colourful fishes and corals of Pulau Sulug, have typical local fare for lunch at Pulau Manukan and spend the rest of the afternoon indulging in beach activities at Pulau Sapi.

### Evening

#### DINNER BY THE SEA

Enjoy sea view al-fresco dining at KK Waterfront and cap off your day with some souvenir shopping at the nearby Filipino Market.







## **Morning**

### **HERITAGE TOUR OF KOTA KINABALU**

Take a walk through KK's colourful and intriguing history and visit some of its most significant landmarks.

- Padang Merdeka
- Atkinson Clock Tower
- Malaysia Monument
- North Borneo War Memorial
- KK City Council
- KK Community Centre
- Gaya Street
- Australia Place

## **Afternoon**

### **FAMILY FUN TIME WITH ANIMALS**

Bring your family for an enjoyable day with the animals.

- Lok Kawi Wildlife Zoo
- Kota Kinabalu Wetlands Centre

## **Evening**

### **SOAK IN SOME CULTURAL HERITAGE**

Experience the ways of the old tribespeople at Mari Mari Cultural Village.



*Atkinson Clock Tower*



*Mari Mari Cultural Village*



# Introducing



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+



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**PREMIUM  
FLAT BED**

Premium seats **RM1 = 1 BIGGIE**



Corporate/ Government Account **RM1 = 1 BIGGIE**

BUY  FLY **MORE**  
**BIGGIES!**

Buy flights and add-ons to fast track your



# TAWAU

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	3x Daily	from RM123
Kota Kinabalu	2x Daily	from RM53

## DO

The gateway to the beautiful islands of Semporna, this quaint town is progressively booming with its cocoa and fishing industries.

Mabul Island © Bob Piow Kan

## DID YOU KNOW ?

- It's the third largest town in Sabah.
- Tawau's massive cocoa industry has made Malaysia one of the world's top ten cocoa producers.

Greenback Turtle at Sipadan Island  
© Yeoh Chee Weng

### Sipadan Island \*

Blessed with rare marine life and coral reefs, it is one of the best diving spots in the world.

#### WHEN

All Day

#### ADMISSION

Diving permit—RM40 per day

#### HOW

Bus/Minivan—1 hr from town to Semporna Jetty

Speedboat—1 hr from Semporna Jetty to Pulau Sipadan

#### CONTACT

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

#### SMART TIP

*There are no accommodations on the island so it is advisable to stay at the nearby Mabul or Kapalai islands.*

### Mabul Island \*

One of Malaysia's popular destinations for a relaxing island holiday.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Bus/Minivan—1 hr from town to Semporna Jetty

Speedboat—1 hr from Semporna Jetty to Pulau Mabul

#### CONTACT

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

#### SMART TIP

*Visit the fishing village to see how the Bajau people live their simple yet interesting lives.*

### Pom Pom Island

Amazing sun-kissed island with white pearly sands and gorgeous azure water.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Bus/Minivan—1hr from town to Semporna Jetty

Speedboat—40 mins from Semporna Jetty to Pulau Pom Pom

#### CONTACT

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

#### FUN FACT!

*Derived its name from the abundance of pom pom trees around the island.*

**BOOK NOW!**



Crystal clear waters of Semporna  
© Tang Wai Yee



Beautiful marine life  
and coral reefs



### **Mataking Island**

Serene and secluded, this blissful island is perfect for a honeymoon.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Bus/Minivan–1 hr from town to Semporna Jetty

Speedboat–1 hr from Semporna Jetty to Pulau Mataking

#### **CONTACT**

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

#### **FUN FACT!**

*There's an underwater post office here, the only one in Malaysia and one of five in the world. A great dive spot too!*

### **Tun Sakaran Marine Park**

This largest marine park in Malaysia consists of eight heavenly islands, housing diverse species of marine life.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Bus/Minivan–1 hr from town to Semporna Jetty

Speedboat–1 hr from Semporna Jetty to Tun Sakaran Marine Park

#### **CONTACT**

Sabah Parks

+6088486432

[www.sabahparks.org](http://www.sabahparks.org)

#### **SMART TIP**

*Spend your nights at Sibuan Island, the most beautiful island of the archipelago.*

### **Tawau Hills Park\***

With lush greenery and refreshing river, this is a great place to host a picnic or a camp with family and friends.

#### **WHEN**

7.00am – 6.00pm

#### **ADMISSION**

Malaysians: RM3-Adult, RM1-Child

Foreigners : RM10-Adult, RM6-Child

#### **HOW**

Taxi–30 mins from town

#### **CONTACT**

+6089925719

#### **FUN FACT!**

*Shorea Faguetiana Heim, the tallest tropical tree in the world which towers at 88.32m is found here.*

*\* denote Local Faves*





**SEE**

### Teck Guan Cocoa Museum

Everything you need to know about the sweet and divine cocoa is here at the country's only cocoa museum.

#### **WHEN**

Mon-Fri, 8.00am – 5.00pm  
Saturday, 8.00am – 1.00pm

#### **ADMISSION**

RM100 per 10 persons

#### **HOW**

Taxi–20 mins from town

#### **CONTACT**

Teck Guan Group  
+6089772277



### Bukit Gemok \*

Unspoilt, this is a popular place for nature lovers, trekkers and joggers.

#### **WHEN**

Daily, 8.00am – 5.00pm

#### **ADMISSION**

RM1

#### **HOW**

Taxi–20 mins from town

#### **CONTACT**

Tawau District Forestry Office  
+60897618333

#### **FUN FACT!**

*Panoramic view of Tawau town centre and coastline can be viewed from the canopy walkway.*

### Bell Tower

Erected by the Japanese in 1921.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi–10 mins from town

#### **CONTACT**

Sabah Tourism  
+6088212121  
[www.sabahtourism.com](http://www.sabahtourism.com)

#### **FUN FACT!**

*Tawau's only historical structure that remained intact after the World War II.*

## **BUY**

### Pasar Tanjung \*

Rows of stalls selling fresh produce and general goods like toys, accessories and beauty products.

#### **WHEN**

Daily, 8.00am – 6.00pm

#### **HOW**

Taxi–5 mins from town

#### **CONTACT**

Tawau City Council  
+6089701698

#### **FUN FACT!**

*You can find the best selection of dry food goods such as 'ikan masin' (salted fish), 'udang kering' (dried prawns), 'belacan' (prawn paste) and more at bargain prices here.*



### Eastern Plaza

You can shop for fashion, crafts and household items at Tawau's biggest shopping centre.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–10 mins from town

#### **CONTACT**

Eastern Plaza Tawau  
+6088251144

### Sabindo Plaza

A small mall offering all sorts of goodies.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–10 mins from town

#### **SMART TIP**

*There's a row of stalls selling fresh local fruits right outside the plaza.*

*\* denote Local Faves*





## EAT

### **Nasi Kuning \***

Steamed rice cooked with coconut milk and ginger, best eaten with chicken or beef rendang and boiled egg.

### **Chakoi Kahwin \***

Crispy on the outside and fluffy on the inside, this delicious snack is perfected by a generous slather of butter and 'kaya' (coconut jam).

### **Hinava**

A Kadazandusun delicacy which consists of fresh mackerel, chillies, shredded ginger and sprinkled with lime juice.

### **Bak Kut Teh**

A heavenly concoction of a soupy herbal broth with pork and spices, lettuce, mushrooms and bean curds.



\* denote Local Faves

**Other must-eats:**  
*Mee Tuaran, Seafood*



# MIRI

Niah Caves  
© Sarawak Tourism Board

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	3x Daily	from RM103
Kota Kinabalu	2x Daily	from RM53
Kuching	2x Daily	from RM100
Johor Bahru	1x Daily	from RM100

Being near the coastline, Miri offers great nature adventures and a vast ocean for you to discover thrilling underwater explorations.

### DID YOU KNOW ?

- Miri is the second largest city in Sarawak.
- The Malaysian petroleum industry began here.

## DO

### Gunung Mulu National Park \*

Part of UNESCO World Heritage Site with the largest cave chamber in the world.

#### WHEN

All Day

#### ADMISSION

RM10. If you are staying for a few days then this is only applicable on the first day.

#### HOW

River cruise–2 hrs

#### CONTACT

Borsarmulu Park Management  
+6085792 300 / +6085792301

[www.mulupark.com](http://www.mulupark.com)

### FUN FACT!

*There's a huge labyrinth within the cave chamber!*

#### SMART TIP

*Camp or stay at one of the resorts for a few days for you to truly enjoy this natural wonder.*

### Niah Caves \*

This cave at Niah National Park has relics, artefacts, 40,000 year-old skulls and red haematic paintings, the only one found in Borneo.

#### WHEN

All Day

#### ADMISSION

RM10

#### HOW

Taxi–2 hrs from city

#### CONTACT

Sarawak Forestry Corporation  
+6082610088

Toll-free line: 1800882526

(calls within Malaysia)

[www.sarawakforestry.com](http://www.sarawakforestry.com)

### FUN FACT!

*You can watch 'Bird's Nest' harvesting and even bats!*

#### SMART TIP

*Wear old clothing/facial towels/ wide-brimmed hats to keep guano (bat droppings) at bay. Bring a torch light as well.*



Magnificent limestone formations at Mulu National Park  
© Tourism Malaysia

**BOOK NOW!**



### **Luak Bay Esplanade Beach \***

It's your perfect escape from the city—relax, get a tan, play water sports, and more!

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi—15 mins from city

#### **CONTACT**

Miri City Council

+6085433501 / 433504 / 433505

[www.miricouncil.gov.my](http://www.miricouncil.gov.my)

*Underwater haven!*  
© Sarawak tourism Board



### **Miri-Sibuti Coral Reef National Park\***

Explore the reefs, wrecks and swim with the fishes!

#### **WHEN**

Morning to evening

#### **ADMISSION**

Depends on tour package

#### **HOW**

Boat—30 mins from Kuala Miri jetty

#### **CONTACT**

Sarawak Tourism Board

+6082423600

[202.150.220.235/~sarawakt](http://202.150.220.235/~sarawakt)

### **Lambir Hills National Park\***

Waterfalls, rivers, trails, abundant flora and fauna—all found in one amazing park.

#### **WHEN**

Morning to evening

#### **ADMISSION**

RM10

#### **HOW**

Taxi—30 mins from city centre

#### **CONTACT**

Sarawak Forest Department

+6082442180

[www.forestry.sarawak.gov.my](http://www.forestry.sarawak.gov.my)

#### **FUN FACT!**

*Climb the Tree Tower and try guessing the bird species.*

#### **SMART TIP**

*Avoid the rivers and waterfalls when it rains as flash floods may occur.*

### **Kenyah Tribe \***

Live like a tribe villager and experience their way of life.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

4WD—2hrs from city

#### **CONTACT**

Sarawak Tourism Board

+6082423600

[202.150.220.235/~sarawakt](http://202.150.220.235/~sarawakt)

#### **SMART TIP**

*Check for homestay programmes if you want to stay at the longhouses.*



*Experience daily life at the tribe longhouses*

*\* denotes Local Faves*





**SEE**

*A mystical sight to behold at the temples  
© Tourism Malaysia*

### **San Ching Tian Temple \***

Be captivated by its picturesque surroundings and unique temple designs.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi-10 mins from city

#### **CONTACT**

Miri City Council

+6085433501 / 433504 / 433505

[www.miricouncil.gov.my](http://www.miricouncil.gov.my)

#### **FUN FACT!**

*It's touted to be the largest temple complex in Southeast Asia.*

#### **SMART TIP**

*Dress appropriately when visiting the temple.*

### **Grand Old Lady \***

Watch the breathtaking sunset on Malaysia's first oil well and drill, perched on top of Canada Hill.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi-15 mins from city

#### **CONTACT**

Miri City Council

+6085433501 / 433504 / 433505

[www.miricouncil.gov.my](http://www.miricouncil.gov.my)

### **Petroleum Museum \***

Loads of fun facts and displays showcasing the 'black gold' industry, even the kids would love it!

#### **WHEN**

Tue-Sun, 9.00am – 4.30pm

Closed Mon and first day of Public Holiday.

#### **ADMISSION**

Free

#### **HOW**

Taxi-15 mins from city

#### **CONTACT**

Sarawak Museum Department

+6082244232

[www.museum.sarawak.gov.my](http://www.museum.sarawak.gov.my)

#### **FUN FACT!**

*Try the earthquake simulator.*

### **Tua Pek Kong Temple**

Miri's oldest Buddhist temple has amazing architecture and lovely views of the scenic river.



AND OLD LADY

*The Grand Old Lady*

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi-10 mins from city

#### **CONTACT**

Miri City Council

+6085433501 / 433504 / 433505

[www.miricouncil.gov.my](http://www.miricouncil.gov.my)

#### **SMART TIP**

*Dress appropriately when visiting the temple.*

### **Limbang Regional Museum\***

A former fort for prison, storage and officers' living quarters, it now showcases Miri's history and culture.

#### **WHEN**

Tue-Sun, 9.00am – 4.30pm.

Closed Mon

#### **ADMISSION**

Free

#### **HOW**

Taxi-10 mins from city

#### **CONTACT**

Sarawak Museum Department

+6082244232

[www.museum.sarawak.gov.my](http://www.museum.sarawak.gov.my)

*\* denotes Local Faves*

 **BEYOND THIS GUIDE :**  
[Revisiting Miri's Kenyah Tribe](#)

## BUY



Miri Handicraft Centre  
© Tourism Malaysia

### **Boulevard Shopping Complex\***

The biggest mall with the largest hypermarket, food court and play-ground.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

+6085467999

[www.facebook.com/boulevard.shop-ping.mall.miri?sk=wall](https://www.facebook.com/boulevard.shop-ping.mall.miri?sk=wall)

### **Bintang Megamall \***

Popular for its local brands and the huge knick-knack bazaar on the top floor.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

+6085438877

[www.bintangmegamall.com](http://www.bintangmegamall.com)

### **Miri Handicraft Centre**

Beads, woven baskets, bamboo crafts—it has every type of arts and crafts from different ethnic tribes.

#### **WHEN**

Daily, 9.00am – 6.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

Sarawak Tourism Board

+6082423600

[202.150.220.235/~sarawakt](http://202.150.220.235/~sarawakt)

### **Saberkas Weekend Market \***

Want a taste of local culture and local goods?

#### **WHEN**

Fri–Sun, evening to night

#### **HOW**

Taxi–5mins from city

#### **CONTACT**

Miri City Council

+6085433501 / 433504 / 433505

[www.miricouncil.gov.my](http://www.miricouncil.gov.my)

### **Tamu Muhibbah \***

Local interior décor by Miri's ethnic tribes plus exotic produces such as red mango and Bario rice

#### **WHEN**

Sat and Sun mornings.

#### **HOW**

Taxi–10 mins from city

#### **CONTACT**

Miri City Council

+6085433501 / 433504 / 433505

[www.miricouncil.gov.my](http://www.miricouncil.gov.my)

### **Seafood \***



*Yummy-licious seafood!*

## EAT

Grill, steam or fry the catch of the day, all fresh and affordable!

### **Umai \***

Although it's a tangy fermented fish, once mixed into a salad it is just heavenly!

### **Pepper-flavoured Candy \***

Sarawak is known for its black pepper and this particular candy is available everywhere in Miri. It tastes really good with a hint of spice mixed with candy sweetness.

### **Midin \***

Stir-fried with 'belacan' (shrimp paste) and chili paste, this local fern will have you ordering seconds!

### **Tutu Fish \***

A white-meat fish similar to cod, it's a must-have at any seafood restaurant. Try it steamed with ginger, onions and oyster sauce. Delicious with every bite!

*\* denotes Local Faves*



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*AirAsia.com*





Special Feature III

## YOU+MALAYSIA= EXHILARATING ADVENTURES

Life's too short not to take risks.

*By Haze Jalalludin*

Quiet sunset cruises and golden tan on the beach--sure that sounds like a holiday but what you really need is something that gets the heart and endorphins racing.

Malaysia has adrenaline-pumping activities almost everywhere you go, so much so that armies from all over the world have been known to dump their troops in the wild jungles of Borneo (of East Malaysia) for survival tests. For the rest of us, even exploring the tamer parts of the forest gives us a rush or two....but the excitement has just begun.

### WELCOME TO THE JUNGLE!

Whenever a reality series comes to a rainforest, everyone seems to eat well. Probably because there's plenty of wildlife, edible plants and tons of

juicy worms to keep you well fed. But the reality of it is you will have to hike mountainous slopes snaked by tree roots the size of your torso while constantly watching out for a charging wild boar. Or avoid being scratched by poisonous vines just so you can proclaim you made it!

In the vast wild parks of **Taman Negara Pahang**, **Endau Rompin National Park** and **Bako National Park**, your limits are tested—either through threading the canopies on 334-metre high suspended bridge or stomping the grounds with guides imparting jungle survival tips. Often, these tours will have you roughing it out like the natives do. Once you are done, you will wear your scrapes and insect bites with pride.

Over in Sabah, East Malaysia, adventurers conquer the tallest mountain in Southeast Asia—**Mount Kinabalu**—by braving chilly air, high altitude and lack of oxygen, preceded by months of hard training and preparations. But all will be worth it when you welcome breathtaking sunrise at the crack of dawn!



©Tourism Malaysia

### ROCK 'N ROLL

If your inner Spider-Man is calling out to you while you shop in the heart of KL, worry not as Damai Wall of **Batu Caves** is only 30 minutes away. Not only is it convenient but Damai Wall is also the last limestone outcrop in Peninsula Malaysia that will surely satisfy your climbing needs.

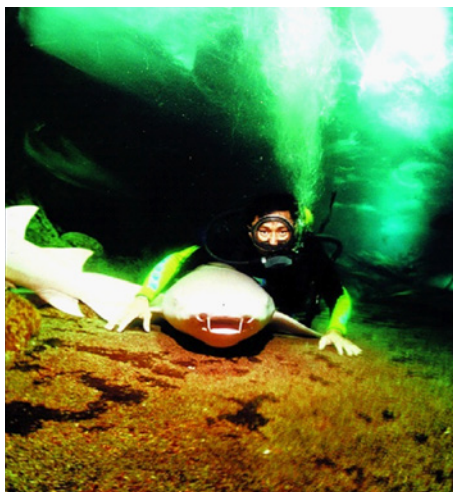


©Tourism Sarawak





When the weather doesn't permit, there's always the indoor, fully air-conditioned 24-metre tall wall in 1Utama shopping mall, just half an hour drive from city. Don't be fooled, even seasoned rock climbers would find the 1600m2 roped climbing, 14-metre top-rope, 16-metre lead climbing and 300m2 of bouldering challenging and very close to the real thing.



### WET AND WILD

Everyone loves to swim with the fishes, but the fishes in Malaysia like to swim with you too, that is with the right snack. Inject a little thrill into your dives at **Pulau Lang Tengah**, **Pulau Perhentian**, **Pulau Layang-Layang** or **Sipadan Island** by swimming with nurse, tiger and hammerhead sharks! Or hike up a notch by going on night dives, popular in **Pulau Redang**, **Tunku Abdul Rahman Marine Park**, **Mabul** and **Kapalai**.



Once done with the sharks speed your way around the amazing islands on jet-skis and head to the skies to dry off as you strap on for a bird's eye view by parasail!

### FLYING FREE

If those don't excite you enough, then maybe falling from a 335-metre tall building will. The **KL BASE Jump** which started at KL Tower has been around since 2001 and attracts quite a following. It organises jump tours around Malaysia that include Menara Alor Setar (Kedah), Menara Komtar (Penang) and Wisma Darul Iman (Terengganu). Deemed as one of the more exhilarating sports, you need quick reflexes due to its short drop and multiple parachute landing scenarios.

### TO THE BAT CAVE!

If Batman were Malaysian, he would have a hard time choosing his lair. The sheer abundance of caves scattered across the country is simply astounding! Dark Caves right next to Batu Caves is 2-kilometre long which not only gives you one heck of an adventure scaling up and down numerous slopes but is also home to several endemic animals like bats.

Other worthy spots for some Malaysian caving adventure are **Niah Caves**, **Viper's Pit**, **Wind Cave**, **Fairy Cave**,



**Blue Moonlight Bay**, **Disappointment Cave** and the mother of all caves—the **Sarawak Chamber** in Gunung Mulu National Park that can actually fit a Boeing 747-200!

Now that you know the daring side of Malaysia, go on and rough it out. Find your own adventure through the many wonders and create unforgettable experiences that last you a lifetime!

### CONTACTS:

#### TAMAN NEGARA PAHANG NATIONAL PARK

+609266112 / 4152

[www.tamannegara.org](http://www.tamannegara.org)

#### BAKO NATIONAL PARK

+6011225049

[www.forestry.sarawak.gov.my](http://www.forestry.sarawak.gov.my)

#### ENDAU ROMPIN NATIONAL PARK

+6072237471

[www.tourism.gov.my](http://www.tourism.gov.my)

#### REDANG BAY DIVE CENTRE

+6096302320

[www.redangbay.com.my/dive/](http://www.redangbay.com.my/dive/)

#### SIPADAN

+6089782334

[www.sipadan.com](http://www.sipadan.com)

#### KL TOWER JUMP

+60320205444

[www.kltowerjump.com](http://www.kltowerjump.com)

# LABUAN

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	2x Daily	from RM103



## DID YOU KNOW ?

- Victoria is the name of its capital city
- It is a Federal Territory in East Malaysia
- There are six islands surrounding the main Labuan island

### Labuan Marine Park \*

Thriving with protected marine life, you'll have fun diving and snorkelling. There are cool wrecks for you to check out as well while diving.

#### WHEN

Daily, 9.00am – 5.00pm  
(Check with your tour operator)

#### MARINE PARK FEE

RM5-Adult, RM2-Child

#### HOW

Boat from Victoria Harbour–30 mins journey

#### CONTACT

Department of Marine Park Malaysia  
+6087582502 / 7582503  
[www.dmpm.nre.gov.my](http://www.dmpm.nre.gov.my)

#### SMART TIP

*Best time to visit is between February and October*

### Water Village (Bebuluh and Patau-Patau)

Wooden houses on stilts along the water where the fishing village is. Stay one or two nights and experience their way of life.

#### WHEN

All Day

#### ADMISSION

Free. For stays, check with the local tourism department

#### HOW

Taxi–20 mins from city

#### CONTACT

Labuan Tourist Office (Kampung Bebuluh/Kampung Patau Patau)  
+6087422622  
[www.labuantourism.gov.my](http://www.labuantourism.gov.my)

#### FUN FACT!

*You can enjoy traditional performances and games!*

#### SMART TIP

*Bring a small token/gift for your host to show appreciation*

### International Sea Sport Complex \*

A world class sports centre that has everything you need for loads of water sports action. Check out the Marine Biology Museum, handicraft stores and food bazaar too!

#### WHEN

Daily, 9.00am – 6.00pm

#### ADMISSION

Free

#### HOW

Taxi–10 mins from city

#### CONTACT

+6087414462  
[www.labuantourism.com.my](http://www.labuantourism.com.my)

### The Waterfront \*

Take a relaxing stroll along the waterfront while admiring the beautiful docked yachts.

**BOOK NOW!**





### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi-15 mins from city

### CONTACT

+6087418111

[www.waterfrontlabuan.com](http://www.waterfrontlabuan.com)

### SMART TIP

*Bring your camera to capture the amazing sunset*

### Tanjung Kubong Tunnel \*

Have fun exploring the pits and tunnels of this former coal mine which is more than 150 years old!

### WHEN

Daily, 10.00am – 5.00pm

### ADMISSION

Free

### HOW

Taxi-30 mins from city

### CONTACT

+6087463603

[www.labuantourism.com.my](http://www.labuantourism.com.my)

### FUN FACT!

*The glory days of the mine was from 1847 to 1911*

### SMART TIP

*Bring a torchlight to explore the tunnel.*

### Peace Park

A beautiful World War II memorial mound which is encircled by lush gardens and magnificent pavilions. It's ideal for an evening stroll or recreational fun.

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi-20 mins from city

### CONTACT

Kampung Layang-Layangan

+6087480770

[www.labuantourism.com.my](http://www.labuantourism.com.my)

### The Labuan Horse Riding Centre \*

Explore Labuan on the back of a horse and trot away along the coastline and nature trails.

### WHEN

Daily, 10.00am – 5.00pm

### ADMISSION

Depends on activity or horse hires

### HOW

Taxi-20 mins from city

### CONTACT

+6087466828

### SMART TIP

*Stay extra days if it's your first time taking riding lessons to recover from the saddle sore.*

*\* denotes Local Faves*

## SEE



### World War II Memorial \*

Serenity is felt as you enter the burial grounds of fallen heroes from World War II.

### WHEN

All Day

### ADMISSION

Free

### HOW

Taxi-10 mins from city

### CONTACT

Victoria Town

+6087414611

[www.labuantourism.com.my](http://www.labuantourism.com.my)

### FUN FACT!

*On the annual 'Remembrance Day', a full military ceremony takes place to commemorate these fallen soldiers.*

### The Chimney \*

Mystery shrouds this structure as its original function is still a guessing game to many.

### WHEN

Daily, 9.00am – 5.00pm

### ADMISSION

Free

### HOW

Taxi-20 mins from city

### CONTACT

Kampung Layang Layangan

+6087463603

[www.labuantourism.com.my](http://www.labuantourism.com.my)

### FUN FACT!

*The red bricks used to build the chimney came all the way from England!*



One of the many displays in Labuan Maritime Museum



Bargain hunting at markets ©Tourism Malaysia

**BUY**



The Chimney

## **Labuan Museum**

Learn about Labuan's rich history and culture with exhibits housed in an amazing colonial-style building.

### **WHEN**

Daily, 9.00am – 5.00pm

### **ADMISSION**

Free

### **HOW**

Taxi–5 mins from city

### **CONTACT**

Labuan Museum

+6087414135

[www.jmm.gov.my/en/museum/labuan-museum](http://www.jmm.gov.my/en/museum/labuan-museum)

## **Jamek An-Nur Mosque \***

The architecture is futuristic and symbolises the progress of the island.

### **WHEN**

All Day (except prayer times)

### **ADMISSION**

Free

### **HOW**

Taxi–5 mins from city

### **CONTACT**

Victoria Town

[www.tourismlabuan.com.my](http://www.tourismlabuan.com.my)

### **SMART TIP**

*Wear clothing which covers arms and legs before entering the mosque. For ladies, wear a scarf over your head.*

## **History Square\***

Apart from leisure activities, you can read up about the history of the square at the many stone slabs scattered around and marvel at its architecture.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi–5 mins from city

### **CONTACT**

Victoria Town

+6087414135

[www.labuantourism.com.my](http://www.labuantourism.com.my)

## **OKK Awang Besar \***

A long stretch of shops and stalls selling duty-free goods and other local products.

### **WHEN**

Daily. Each retail outlet/stall has individual operating hours

### **HOW**

Taxi–5 mins from city

### **CONTACT**

Labuan Tourism Board

+6087414611

[www.labuantourism.gov.my](http://www.labuantourism.gov.my)

### **SMART TIP**

*Some non-duty free shops give discounts if you buy in bulk.*

## **Financial Park Complex \***

Another popular duty-free shopping haven located within the offshore financial centre.

### **WHEN**

Daily, 10.00am – 10.00pm

### **HOW**

Taxi–5 mins from city

### **CONTACT**

+6087419477

[www.fpl.com.my](http://www.fpl.com.my)

### **FUN FACT!**

*The financial centre has over 65 foreign banks so you can be assured that you won't run out of cash while shopping!*



Shop, shop, SHOP!



### **Labuan Weekend Tamu \***

Get into plenty of bargaining for souvenirs, handicrafts, produces, yummy food and lots more.

#### **WHEN**

Every Sat and Sun

#### **HOW**

Taxi-5 mins from city

#### **CONTACT**

Labuan Tourism Board  
+6087414611

[www.labuantourism.gov.my](http://www.labuantourism.gov.my)

### **SBS Seafood \***

Fresh seafood with really good prices which can be frozen and shipped to your doorstep!

#### **WHEN**

Daily, 9.00am – 6.00pm

#### **HOW**

Taxi-10 mins from city

#### **CONTACT**

+6087429546

#### **FUN FACT!**

*The hottest selling item is the frozen fish coated with flour.*

## **EAT**

*Dining by the beach  
is the thing to do!*



### **Coconut Pudding \***

A very famous local dessert, it is a unique combination of steamed coconut juice and jelly. You must try it at least once.

### **Barbecued Chicken Wing \***

Succulent and full of flavour, it has a smoky tinge from being barbecued over a charcoal pit. Simply divine!



*Delicious barbecued  
chicken wings*

### **Seafood**

Since fresh seafood is abundant and very cheap, try it grilled, steamed or stir-fried.



*Seafood galore!*

### **Pujung \***

These cute cone-sized desserts with green-jelly like filling are just the thing to have anytime of the day to keep your hunger at bay.

### **Pulut Panggang \***

Have it for breakfast or tea time, this savoury street food made from glutinous rice and dried shrimp is really delicious!

#### ***Other must-eats:***

*Ambuyat, Kelupis, Lamban, Jelurut*

*\* denotes Local Faves*

# SANDAKAN

*Sepilok Orang Utan Sanctuary*

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	2x Daily	from RM123
Kota Kinabalu	2x Daily	from RM53

## DID YOU KNOW ?

- Sandakan is Sabah's second largest town.
- It is the most popular destination for eco-tourism in Borneo.

An exotic adventure holiday destination awaits with lush rainforests, fascinating wildlife and gorgeous islands.

**DO**

### Sepilok Orang Utan Sanctuary \*

Established to train orphaned and displaced Orang Utans to survive again in the wild.

#### WHEN

9.00am – 4.30pm

#### ADMISSION

RM5-Malaysians, RM30-Foreigners

#### HOW

Taxi-30 mins from town

#### CONTACT

+6089531180

[www.wildlife.sabah.gov.my](http://www.wildlife.sabah.gov.my)

#### SMART TIP

*Wear comfy shoes and drink plenty of water.*

### Kinabatangan River Cruise \*

Cruise along the river and see unique Bornean wildlife such as Proboscis Monkeys, Orang Utans, Pygmy Elephants and more.

#### WHEN

All Day

#### ADMISSION

Prices vary between tour operators

#### HOW

Car-3hrs from town to Sukau

#### CONTACT

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

#### SMART TIP

*Check out the Sabah Tourism website for tour operators.*

### Sandakan Crocodile Farm

Malaysia's largest crocodile farm with a mini zoo and children's park.

#### WHEN

Daily, 9.30am – 4.30pm

#### ADMISSION

Malaysians- RM7-Adult, RM4-Child  
Foreigners- RM10-Adult, RM5-Child

#### HOW

Taxi-30 mins from town

#### CONTACT

+6089660666

#### FUN FACT!

*Crocodile shows are held daily at 12.00pm and 4.00pm*

**BOOK NOW!**



## **Lankayan Island \***

This little paradise is famous for diving and exploring wrecks. Whale sharks' sighting is common!

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Speedboat–1.5hrs from Sandakan Yacht Club

### **CONTACT**

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

## **Libaran Island**

The beauty of this island lies on its virtually undisturbed long stretch of beach and translucent waters.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Boat–1hr from Sandakan Harbour

### **CONTACT**

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

## **Berhala Island**

Swim, snorkel, picnic or trek–there are so many things you can do on this forested little island.

### **WHEN**

All Day



### **ADMISSION**

Free

### **HOW**

Ferry–2hrs from Belawan Seaport

### **CONTACT**

Sabah Tourism Board

+6088212121

[www.sabahtourism.com](http://www.sabahtourism.com)

### **SMART TIP**

*Head to the lighthouse at the island's highest point, where the view is simply stunning.*

## **Turtle Islands National Park \***

A safe haven for endangered green and hawksbill turtles.

### **WHEN**

All Day

### **ADMISSION**

RM10-Adult, RM6-Child

### **HOW**

Boat–1hr from Sandakan Harbour

### **CONTACT**

Sabah Parks

+6088486432

[www.sabahparks.org.my](http://www.sabahparks.org.my)

### **FUN FACT!**

*Turtle Islands Park consists of three islands–Selingan, Gulisan and Bakungan Kecil.*

*\* denote Local Faves*



## **RECOMMENDED STAYS**

### **FROM RM79**

Swiss Inn Waterfront Sandakan

★★★

Best Western Sandakan Hotel & Residence

★★★



**SEE**

Rainforest Discovery Centre  
© Sabah Tourism

## Agop Batu Tulug

This amazing natural wonder is part of the Labang limestone formation that dates back 25 million years ago.

### **WHEN**

Daily, 9.00am – 5.00pm

### **ADMISSION**

RM2-Malaysians, RM15-Foreigners

### **HOW**

Taxi–1.5hrs from town

### **CONTACT**

+6089551062

[www.mzm.sabah.gov.my](http://www.mzm.sabah.gov.my)

### **FUN FACT!**

*More than 100 carved wooden coffins dated 250 years ago can be found in the caves.*

## Gomantong Caves \*

Renowned for birds' nest harvesting at two cave systems–Black (Simud Hitam) and White Cave (Simud Putih).

### **WHEN**

Daily, 8.00am – 6.00pm

### **ADMISSION**

Malaysians: RM5-Adult, RM2-Child  
Foreigners: RM30-Adult, RM15-Child

### **HOW**

Bus–1.5hrs from town to Sukau

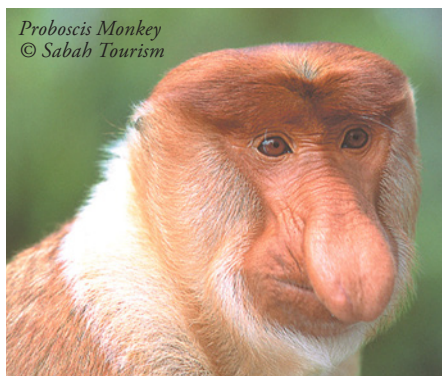
### **CONTACT**

Sabah Forestry Department  
+6089660811

[www.forest.sabah.gov.my](http://www.forest.sabah.gov.my)

### **SMART TIP**

*Bring mosquito repellent.*



Proboscis Monkey  
© Sabah Tourism

## Labuk Bay Proboscis Monkey Sanctuary \*

See the antics of the unique indigenous monkey species that can only be found in Borneo.

### **WHEN**

Daily, 9.30am – 4.30pm

### **ADMISSION**

Malaysians: RM15-Adult, RM5-Child  
Foreigners: RM60-Adult, RM30-Child

### **HOW**

Taxi–1hr from town

### **CONTACT**

+6089672133

[www.probiscis.cc](http://www.probiscis.cc)

### **SMART TIP**

*Join the night tour to see wild boars, flying squirrels, fireflies and crocodiles.*

## Rainforest Discovery Centre

Stroll on the wooden suspension bridge and listen to the rainforest around you. Simply inspiring!

### **WHEN**

9.00am – 6.00pm

### **ADMISSION**

Malaysians: RM5-Adult, RM2-Child  
Foreigners: RM10-Adult/Child

### **HOW**

Taxi–40mins from town

### **CONTACT**

+608953378

[www.forest.gov.my](http://www.forest.gov.my)

### **SMART TIP**

*Admire more than 200 orchid species at Plant Discovery Garden.*



A Buddha statue  
© Teo Pick Kian

## Puh Jih Shih Temple

Extravagant red and gold decoration plus intricate dragon and Buddha statues adorn this glorious temple.

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi–5 mins from town

## Sandakan Memorial Park

Dedicated to the thousands of fallen soldiers during World War II.

### **WHEN**

9.00am – 5.00pm

### **ADMISSION**

Free

### **HOW**

Taxi–15 mins from town

### **CONTACT**

Sandakan Municipal Council  
+6089275400



### **Agnes Keith House \***

The former home of Agnes Newton Keith who penned the famous 'Land Below The Wind' novel in 1939.

#### **WHEN**

9.00am – 5.00pm

#### **ADMISSION**

RM2-Malaysians, RM15-Foreigners

#### **HOW**

Taxi-10 mins from town

#### **CONTACT**

Sabah Museum  
+6088225033

### **William Pryer Memorial**

Erected in memory of William B. Pryer, the founder of Sandakan.

#### **WHEN**

All Day

#### **ADMISSION**

Free

#### **HOW**

Taxi-5 mins from town

#### **CONTACT**

Sabah Tourism Board  
+6088212121  
[www.sabahtourism.com](http://www.sabahtourism.com)

### **FUN FACT!**

*Pryer wanted to rename the town to "Elopura", which means 'beautiful city' but in the end the name Sandakan remains.*



### **Sandakan Harbour Mall \***

Shop for more than 100 brands at Sandakan's newest and biggest mall.

#### **WHEN**

7.00am – 6.00pm

#### **HOW**

Taxi-5 mins from town

#### **CONTACT**

+6089228250  
[www.shsquare.com.my](http://www.shsquare.com.my)

### **Gentingmas Mall**

This 3-storey shopping complex has a variety of unique boutiques to satisfy every shopper.

#### **WHEN**

9.00am – 9.30pm

#### **HOW**

Taxi-5 mins from town

#### **CONTACT**

[www.gentingmasmall.com.my](http://www.gentingmasmall.com.my)

### **Central Market Sandakan \***

Find a variety of seafood here, along with vegetables, spices and oils, cheap clothing and sarongs.

#### **WHEN**

7.00am – 6.00pm

#### **HOW**

Taxi-5 mins from town

#### **SMART TIP**

*On the 2nd floor, you'll find exquisite Sabah handicrafts like crystal and pearl accessories.*

*\* denote Local Faves*



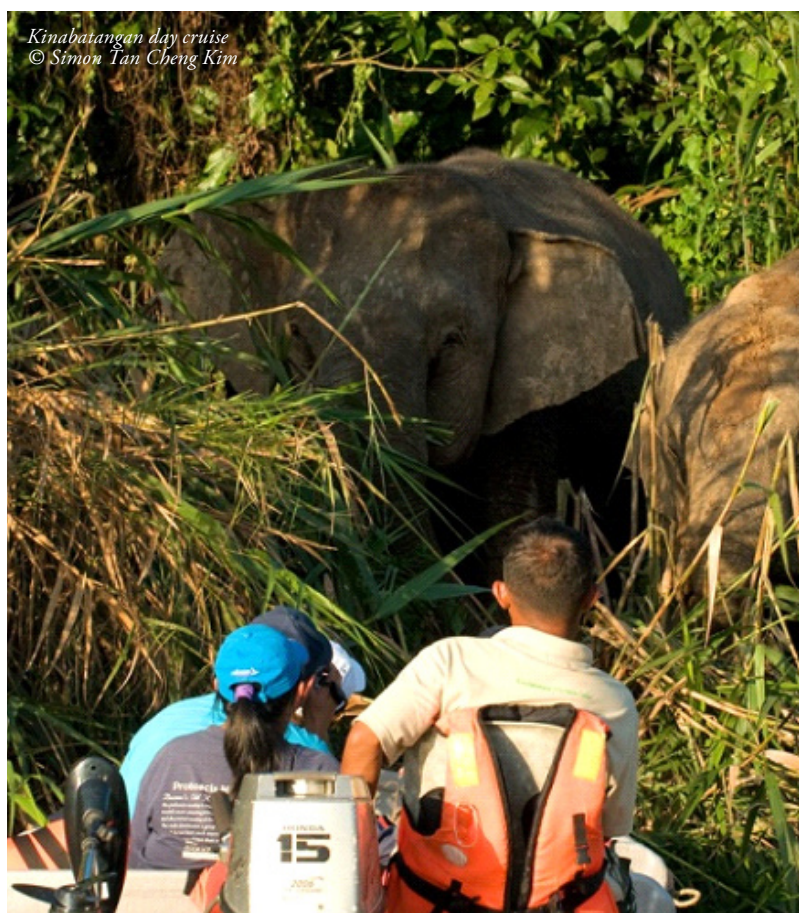
### **Sandakan Mee \***

Fried noodle with soy sauce and egg, perfected with either beef or seafood and vegetables on top.



### **Roti Kahwin \***

Two slices of perfectly toasted bread "hitched" together with cold butter and yummy 'kaya' (coconut jam).



## **3 DAYS OF EXOTIC SANDAKAN**



### **Morning**

#### **A WALK DOWN MEMORY LANE**

Take a visit through Sandakan's fascinating colonial past.

- Sandakan Memorial Park
- William Pryer War Memorial
- Agnes Keith House

### **Afternoon**

#### **KINABATANGAN DAY CRUISE**

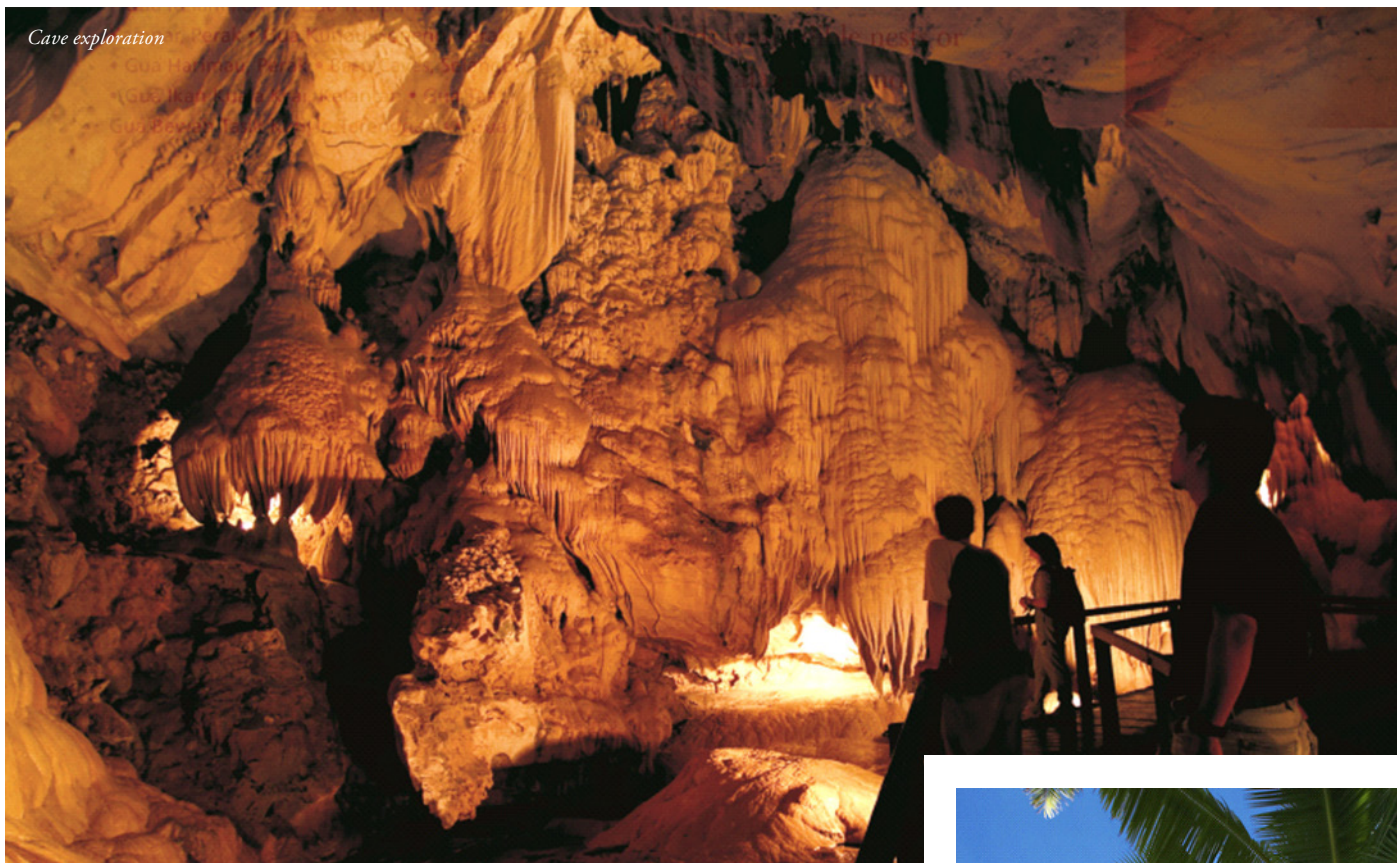
Proboscis Monkeys, Orang Utans, Pygmy Elephants and more can be spotted along the river.

### **Evening**

#### **KINABATANGAN NIGHT CRUISE**

Cruise the river at night to see Hornsbill, Kingfisher, Oriental Darter and other rare bird species. Spend the night at one of the lodges.





## Morning

### **HELLO, ORANG UTANS!**

Visit Borneo's cute and cuddly Orang Utans.

- Sepilok Orang Utan Sanctuary

## Afternoon

### **CAVE EXPLORATIONS**

Explore the beauty and mystery behind the age-old cave formations.

- Gomantong Caves
- Agop Batu Tulug

## Evening

### **SEAFOOD GALORE!**

Head to Kampung Sim Sim and have your pick of fresh prawns, squids, fishes or crabs cooked in a variety of appetising recipes.



## Morning

### **ISLAND ESCAPEDE**

Take an early boat out to Selingan Island for a short beach getaway.

## Afternoon

### **A DAY OF SUN, SEA AND SAND**

Swim, snorkel, have a mini coconut bowling competition or simply laze around on the beautiful and serene island.

## Evening

### **EGG-CITING TURTLES**

Watch as the turtles come ashore to lay eggs.



*Sun, sea and sand*



*Cute and cuddly Orang Utans*  
© Sabah Tourism

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# SIBU

A developing commercial hub, this portside town preserves its rich heritage and lush greenery well.

## DID YOU KNOW ?

- Sibu is main tourist gateway to riverside towns and ethnic tribes along the Upper Rejang River.
- It has the largest Fuzhou/Foochow Chinese community in Malaysia.

## DO

### Bukit Aup Jubilee Park \*

Vibrant greenery and gazebos dotting along nature paths paint a pretty picture while you hike or enjoy a casual stroll.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Taxi-20 mins from town

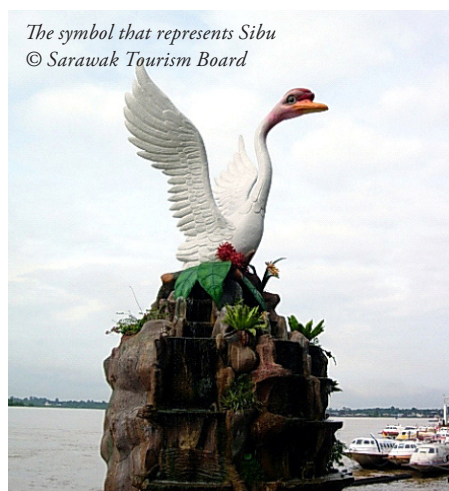
#### CONTACT

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)

#### SMART TIP

*Climb the tower and view breathtaking sunrise.*



*The symbol that represents Sibu*  
© Sarawak Tourism Board

### Sibu Town Square

Watch the merging of Rejang and Igan rivers at waterfront while enjoying nearby historical sites.

#### WHEN

All Day

#### ADMISSION

Free

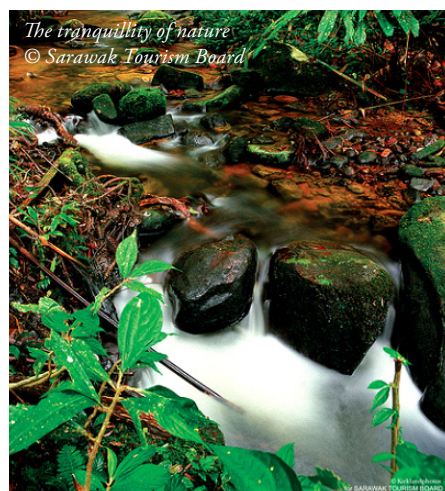
#### HOW

Taxi-5 mins from town

#### CONTACT

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)



*The tranquility of nature*  
© Sarawak Tourism Board

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	4x Daily	from RM93
Johor Bahru	1x Daily	from RM90
Kuching	2x Daily	from RM40



*So many things to discover along the Rejang River*  
© Sarawak Tourism Board

### Sungai Merah Heritage Walk\*

Catch gorgeous sunset at this recreational area built to commemorate Sibu's largest Chinese ethnic group, the Foochows.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Taxi-15 mins from town

#### CONTACT

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)

#### FUN FACT!

*Guess what colour is the river?*

#### SMART TIP

*Spray a generous amount of insect repellent.*

**BOOK NOW!**



### **Bukit Lima Forest Park \***

A green sanctuary for nature lovers seeking exotic fauna, treks, lush vegetation, or just plain family fun at the playground.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Depends on activities  
(hiking, picnic, etc.)

#### **HOW**

Taxi-15 mins from town

#### **CONTACT**

Sarawak Forestry Corporation  
+6084337444 / 349455 / 344655  
[www.sarawakforestry.com](http://www.sarawakforestry.com)

### **Iban Longhouse \***

Cruise along Rejang River in a longboat and pop by Iban longhouses and experience this ethnic tribe's culture and hospitality.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi-10 mins from town to pier

#### **CONTACT**

Sibu Municipal Council  
+6084333411  
[www.sibu.gov.my](http://www.sibu.gov.my)

*Traditional performance at an Iban Longhouse*  
© Sarawak Tourism Board



*\* denotes Local Faves*

**SEE**



*The beautiful Tua Pek Kong Temple*  
© Sarawak Tourism Board

### **Tua Pek Kong Temple \***

A legendary statue placed amidst a mini garden, an opera house and a seven-storey pagoda.

#### **WHEN**

Morning to evening

#### **ADMISSION**

Free

#### **HOW**

Taxi-10 mins from town

#### **CONTACT**

Sibu Municipal Council  
+6084333411  
[www.sibu.gov.my](http://www.sibu.gov.my)

#### **FUN FACT!**

*The statue remains unscathed despite going through rough seas and a devastating fire!*



## **Sibu Cultural Heritage Centre Museum \***

Discover ancient artefact, relics and history of the ethnic tribes in Sibu.

### **WHEN**

Tue-Sun, 9.00am – 5.00pm.  
Closed Mon.

### **ADMISSION**

Free

### **HOW**

Taxi-3 mins from town

### **CONTACT**

Department of Museums  
+6084331315

[www.jmm.gov.my](http://www.jmm.gov.my)

## **Sanyan Tower (Wisma Sanyan)\***

At 126 metres, it is easily the tallest building in Sibu and in Borneo!

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi-15 mins from town

### **CONTACT**

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)

### **FUN FACT!**

*It has a mall, hypermarket, restaurants and more within.*

### **SMART TIP**

*Bring your camera to capture its sleek architecture.*

## **Lau King Howe Hospital Memorial Museum \***

Follow the journey of medical history and breakthroughs of this unique town.

### **WHEN**

Tue-Sun, 9.00am – 5.00pm  
Closed Mon

### **ADMISSION**

Free

### **HOW**

Taxi-5 mins from town

### **CONTACT**

Lau King Howe Hospital Memorial Museum

+6084350080

[www.lkhmm.org](http://www.lkhmm.org)

## **Sibu Gateway \***

Named as such as it is the entrance to the town centre and a very popular spot to take loads of memorable pictures!

### **WHEN**

All Day

### **ADMISSION**

Free

### **HOW**

Taxi-5 mins from town

### **CONTACT**

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)

*\* denotes Local Faves*



**BUY**

## **Wisma Sanyan Shopping Mall\***

Fashion, accessories, footwear, souvenirs-get them all here.

### **WHEN**

Daily, 10.00am – 7.00pm

### **HOW**

Taxi-5 mins from town

### **CONTACT**

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)



## **Sarawak House Shopping Complex \***

Smaller than other malls but offers many unique items such as tribal design jewellery.

### **WHEN**

Daily, 10.00am – 7.00pm

### **HOW**

Taxi-3 mins from town

### **CONTACT**

Sibu Municipal Council  
+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)

## **Star Mega Mall \***

All your shopping desires will be fulfilled within the largest mall in Sibu.

### **WHEN**

Daily, 10.00am – 9.00pm

### **HOW**

Taxi-5 mins from town centre

### **CONTACT**

+6084217035 / 215833

[www.daesimstar.com](http://www.daesimstar.com)

### **Medan Mall \***

Have your pick of quirky knick-knacks or very affordable yet trendy outfits!

#### **WHEN**

Daily, 10.00am – 7.00pm

#### **HOW**

Taxi–10 mins from town

#### **CONTACT**

+6084326000

[www.hockpeng.com.my](http://www.hockpeng.com.my)

### **FUN FACT!**

*There are many hair saloons here with a vast range of services.*

### **Sibu Night Market \***

Get a whole different experience at this open-air night market with stalls selling clothes, trinkets, food and more!

#### **WHEN**

Daily, 7.00pm – 11.00pm

#### **HOW**

On foot–3 mins from town

#### **CONTACT**

Sibu Town Council

+6084333411

[www.sibu.gov.my](http://www.sibu.gov.my)

*\* denotes Local Faves*

## **EAT**



*Stir-fried flat rice noodles*



### **Dabai \***

Only found in Sibu and harvested by local natives, its sweet fruit is popular to eat anytime of the day.

### **Kampua Noodles \***

A simple yet super delicious dish of blanched egg noodles mixed with fried onions and aromatic sauce.

### **Diang Biang Hu \***

Grinded-rice porridge served with fish balls and special sauces. Yummy till the last spoonful!

### **Red Wine Chicken \***

This unique dish is actually made from homemade red wine and served with longevity noodles for prosperity.

### **Chai Pau \***

A starchy bun filled with stewed vegetables. Dip it into some hot chilli sauce and you're set for the day.

*\* denotes Local Faves*

#### ***Other must-eats:***

*Peng Bing, Kom Pia*

*Hawker stalls like these are found all over Sibu*  
©Tourism Malaysia





# BINTULU

## HOW TO GET THERE

FROM	FREQUENCIES	FARE
Kuala Lumpur	2x Daily	from RM93
Kuching	1x Daily	from RM60

## DO

This quaint coastal town has slowly transformed from a humble fishing village into a booming industrial centre.

## DID YOU KNOW?

- ✦ Bintulu is also known as the 'Energy town of Sarawak'
- ✦ Home to Petronas Liquefied Natural Gas (LNG) Complex, currently the world's largest of its kind.

### Similajau National Park \*

A mixture of beaches, mangroves and a tropical rainforest that is home to more than 850 plant species, 24 mammal species and 230 bird species!

#### WHEN

Daily, 8.00am – 5.00pm

#### ADMISSION

RM10-Adult, RM5-Child

#### HOW

Taxi–20 mins from city

#### CONTACT

+6086327284

[www.forestry.sarawak.gov.my](http://www.forestry.sarawak.gov.my)

### Golden Beach \*

Part of Similajau National Park, this glorious stretch of golden sands and clear water is also a nesting site for turtles.

#### WHEN

Daily, 8.00am – 5.00pm

#### ADMISSION

RM10-Adult, RM5-Child

#### HOW

Taxi–20 mins from city

#### CONTACT

Similajau National Park

+6086327284

[www.forestry.sarawak.gov.my](http://www.forestry.sarawak.gov.my)

### Taman Tumbina

Enjoy Bornean flora and fauna at this mini zoo and botanical garden.

#### WHEN

Daily, 9.00am – 4.30pm

#### ADMISSION

RM2-Adult, RM0.50-Child

#### HOW

Taxi–10 mins from city

#### CONTACT

+6086337709

[www.tumbina.com.my](http://www.tumbina.com.my)

## FUN FACT!

*The name came from the Malay words TUMbuhan (plants) and BINAtang (animals).*

## SMART TIP

*There are chalets, a hostel and a camping site inside park grounds for you to spend your night(s).*

## FUN FACT!

*Dolphins are sometimes spotted amongst the waves off the coast.*

### Tanjung Batu Beach \*

A favourite retreat among locals to jog, stroll or have a simple barbeque by the beach.

#### WHEN

All Day

#### ADMISSION

Free

#### HOW

Taxi–10 mins from city



Golden Beach at Similajau National Park.

**BOOK NOW!**



Iban warriors.

## CONTACT

Sarawak Tourism Board  
+6082423600  
[www.sarawaktourism.com](http://www.sarawaktourism.com)

## Sarawak Agriculture Park

A lush 50-hectare park with over 20 species of wild plants, 77 types of fruits and a variety of orchid breeds.

## WHEN

All Day

## ADMISSION

Free

## HOW

Taxi-15 mins from city

## CONTACT

Sarawak Tourism Board  
+6082423600  
[www.sarawaktourism.com](http://www.sarawaktourism.com)

## SMART TIP

*Wear comfy shoes.*

*\* denote Local Faves*

## RECOMMENDED STAY

FROM RM35

Tune Hotel Bintulu  
★ ★ ★

## SEE

## Bintulu Promenade \*

Perfect place for a relaxing stroll while enjoying the scenic sunset and fresh evening breeze.

## WHEN

All Day

## ADMISSION

Free

## HOW

Taxi-5 mins from city

## CONTACT

Sarawak Tourism Board  
+6082423600  
[www.sarawaktourism.com](http://www.sarawaktourism.com)

## Kampung Jepak

Step into the shoes of a villager here and experience the lifestyle of the humble locals.

## WHEN

All Day

## ADMISSION

Free

## HOW

Taxi-20 mins from city

## CONTACT

Sarawak Tourism Board  
+6082423600  
[www.sarawaktourism.com](http://www.sarawaktourism.com)

## SMART TIP

*The villagers here are very friendly, so do be generous with your smile :)*



A villager in Kampung Jepak.  
© Sarawak Tourism

## Masjid Assyakirin

Water fountains and lovely flowers envelop this beautiful mosque.

## WHEN

All Day

## ADMISSION

Free

## HOW

Taxi-5 mins from city

## CONTACT

Sarawak Tourism Board  
+6082423600  
[www.sarawaktourism.com](http://www.sarawaktourism.com)

## FUN FACT!

*The name means 'Gratefulness to God' in English.*

## Kuan Yin Tong Temple

A majestic Chinese temple adorned with man-made waterfall and koi pond, a rock garden and dragon fencing.

## WHEN

All Day

## ADMISSION

Free

## HOW

Taxi-5 mins from city

## CONTACT

Sarawak Tourism Board  
+6082423600  
[www.sarawaktourism.com](http://www.sarawaktourism.com)





*Terendak, a traditional Melanau tribe headgear.*

## BUY

### **Tamu Bintulu \***

A popular place for fresh fruits, farm produces, dry goods and souvenirs.

#### **WHEN**

Daily, 7.00am – 5.00pm

#### **HOW**

Taxi–5 mins from city

#### **SMART TIP**

*Do buy 'terendak', the unique traditional Melanau headgear that is shaped like a wide cone.*

### **Parkcity Mall \***

Bintulu's largest mall which offers the best of shopping, entertainment and dining.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

+6086312322

[www.parkcitymallbintulu.com.my](http://www.parkcitymallbintulu.com.my)

### **Times Square Mall**

Shop, dine or have a leisurely outing with the family at Bintulu's newest mall.

#### **WHEN**

Daily, 10.00am – 10.00pm

#### **HOW**

Taxi–5 mins from city

#### **CONTACT**

+6086338888

[www.timessquaremall.com.my](http://www.timessquaremall.com.my)

## EAT



*Delicious mee*

### **Umai \***

An authentic Melanau delicacy that consists of thin slivers of raw fresh fish combined with sliced onions, chilli, lime and salt.

### **Mee Suah \***

Delicious bowl of thin noodles in red rice wine soup, topped with vegetables and chicken or pork.

### **Manok Pansoh**

Traditional Iban dish of which chicken pieces, mushrooms, lemongrass, tapioca leaves are stuffed into bamboo sticks and cooked over an open fire.

*\* denote Local Faves*

#### ***Other must-eats:***

*Mee Kolok, Laksa Sarawak, Nasi Aruk*



## EVENTS

*Colour up your holiday in Malaysia with much joy and excitement, as there is always something to check out every month!*



*Pasir Gudang International Kite Festival*



*Sabah Fest*



*Petronas Malaysian F1 Grand Prix*



*Colours Of 1Malaysia*



*Penang International Boat Festival*

### JANUARY

- Le Tour De Langkawi  
*Langkawi Island*

International Surfing Competition  
*Cherating Beach, Pahang*

*Putrajaya Hot Air Balloon Festival*



### FEBRUARY

- Pasir Gudang International Kite Festival  
*Pasir Gudang, Johor*

- National Craft Day  
*Nationwide*

### MARCH

- Petronas Malaysian F1 Grand Prix  
*Kuala Lumpur*
- Malaysia GP Sale  
*Nationwide*
- Putrajaya International Hot Air Balloon Fiesta  
*Putrajaya*

### APRIL

- Sabah Fest  
*Sabah*

### MAY

- Borneo Jazz  
*Sabah*
- Colours Of 1Malaysia  
*Kuala Lumpur*

### JUNE

- 1Malaysia Mega Sale Carnival  
*Nationwide*
- Penang International Dragon Boat Festival  
*Penang*





## JULY

- Kuala Lumpur Festival  
*Kuala Lumpur*
- Rainforest World Music Festival  
*Kuching, Sarawak*
- Georgetown Festival  
*Penang*
- Putrajaya Flower and Garden Festival  
*Putrajaya*

## AUGUST

- National Day  
*Nationwide*

## SEPTEMBER

- Merdeka Millenium Endurance Race  
*Kuala Lumpur*
- Malaysia International Gourmet Festival  
*Nationwide*

## OCTOBER

- 1Malaysia Tanglung Tourism Festival  
*Nationwide*
- Sarawak Bird Race  
*Kuching, Sarawak*
- Malaysian MotoGP  
*Kuala Lumpur*

## NOVEMBER

- Monsoon Cup  
*Kuala Terengganu, Terengganu*
- Langkawi Birding and Fotofest  
*Langkawi Island*

## DECEMBER

- Malaysia Year-End Sale  
*Nationwide*
- Langkawi International Maritime and Aerospace Exhibition (LIMA)  
*Langkawi Island*

COUNTERS



WEIGHING  
SCALE

INTERNATIONAL  
DEPARTURE  
(Gates Y1 - Y2)

DOMESTIC  
DEPARTURE  
(Gates P1 - P12)

SHOPS



SHOPS



SHOPS



↓ ENTRANCE ↑

WHEELCHAIR  
SERVICES

SHOPS



The Coffee  
& Tea L

McDonald's



ATM



↑ ENTRANCE ↓

COUNTERS



SHOPS

Marry  
Brown

SHOPS



Maybank



SHOPS

Starbucks

COUNTERS

AIRASIA  
DOCUMENT CHECK  
COUNTER

PLAZA PREMIUM  
LOUNGE

↓ ENTRANCE ↓

↑ EXIT ↑



INTERNATIONAL  
ARRIVAL

TAXI, BUS, TRAIN  
TICKET COUNTER



FROM  
CUSTOMS &  
IMMIGRATION

↑ EXIT ↓



TAXI

INTERNATIONAL  
DEPARTURE  
(Gates T1 - T18)

MAP OF LOW-C





TAXI, BUS, TRAIN  
TICKET COUNTER

DOMESTIC  
ARRIVAL

↓ EXIT ↓



↓ ENTRANCE ↑

Bean  
leaf

## LEGEND



Info Counter



Tourism Malaysia  
Counter



Tune Hotel  
Showcase



ATM



Currency  
Exchange



Public Phone



AirAsia  
Sales Counter



Baggage Scan



Super Strap  
Baggage



AirAsia  
Self Check-In  
Kiosk



Mobile Sim/  
Merchandise



Toilet



Diaper Change  
Room



Disabled  
Toilet



Left-Luggage



Police



PRAYER  
ROOM



Platform 1 to KL City  
(KL Sentral)

**BUS TERMINAL**



FOOD  
GARDEN



### SHUTTLE BUS

- KLIA Ekspres (Salak Tinggi Train Station)
- Tune Hotels LCCT (Free)
- KLIA



CAR PARK

*Tune*  
Hotels.com

Sepang, LCCT  
(350m)

*AirAsia*

OST CARRIER TERMINAL, KUALA LUMPUR (LCCT-KLIA)

## USEFUL CONTACT NUMBERS

### Malaysia Tourism Info Line

1800885050

### State Tourism Board

- Selangor Tourism  
+60355132000
- Kelantan Tourism  
+6097485534
- Terengganu Tourism  
+6096231553
- Johor Tourism  
+6072249960
- Sabah Tourism  
+6088212121
- Sarawak Tourism  
+6082423600

### Emergency Services

- Police & Ambulance  
999
- Fire and Rescue Department  
994
- Red Crescent Society  
+60342578726
- Tourist Police  
+60321496590

### Government Departments

- Royal Malaysian Customs Department  
+60378067200
- Immigration Department of Malaysia  
+60388801000

### Government Hospitals

- Hospital Kuala Lumpur  
+60326155555
- Hospital Pulau Pinang  
+6042293333
- Hospital Sarawak  
+6082276666
- Hospital Langkawi  
+6049663333
- Hospital Tawau  
+6089773533
- Hospital Sibul  
+6084343333
- Hospital Miri  
+6085420033
- Hospital Bintulu  
+6086255899
- Hospital Labuan  
+6087596888
- Hospital Sultanah Aminah, Johor Bahru  
+6072231666
- Hospital Raja Perempuan Zainab II, Kota Bharu  
+6097485533
- Hospital Sultanah Nur Zahirah, Kuala Terengganu  
+6096233333
- Hospital Queen Elizabeth, Kota Kinabalu  
+6088218166
- Hospital Duchess of Kent, Sandakan  
+6089212826

### Embassies & High Commissions

- Australia  
+60321465555
- France  
+60320535500
- India  
+60326922692
- Indonesia  
+60321421354
- Japan  
+60321772600
- South Korea  
+60342512336
- New Zealand  
+60320782533
- Singapore  
+60321616277
- Taiwan  
+60321614439
- United Kingdom  
+60321702200
- United States  
+60321685000
- China  
+60321636815
- Vietnam  
+60321484858
- Thailand  
+60321488222
- Sri Lanka  
+60342568987
- Cambodia  
+60342571150
- Myanmar  
+60342514455
- Laos  
+60321487059
- Philippines  
+60321489989
- Iran  
+60342514824

**AirAsia Travel  
& Service Centres**





## Airports

- Kuala Lumpur LCCT  
+60387776777
- Kota Kinabalu  
International Airport  
+6088325555
- Kuching  
International Airport  
+6082454242
- Langkawi  
International Airport  
+6049551311
- Penang  
International Airport  
+6046434411
- Senai  
International Airport  
+6075994500
- Sandakan Airport  
+6089667782
- Tawau Airport  
+6089950777
- Labuan Airport  
+6087416007
- Miri Airport  
+6085615204
- Bintulu Airport  
+6086339163
- Sibul Airport  
+6084307770
- Sultan Ismail Petra  
Airport, Kota Bahru  
+6097737400
- Sultan Mahmud Airport,  
Kuala Terengganu  
+6096673666

## Taxi Services

- LCCT Limo Airport  
Taxi & Van  
+60173116118
- Comfort Taxi  
+60380242727
- Oriental Radio Taxi  
+60326944718
- Mesra Cab  
+60340430659
- Public Cab  
+60362592020
- Radio Cab  
+60392217600
- Supercab  
+60378757333

## TOP 10 TRAVEL TIPS TO MALAYSIA

- *Since it's a tropical country, ensure that you bring light clothing, comfy shoes, insect repellent, plenty of sunscreen and most importantly, keep hydrating!*
- *Drug dealing, trafficking, etc. carries a heavy sentence. Read [here](#) on prohibited items.*
- *Gambling is only permitted at Genting Highlands Casino and certain venues.*
- *To drive in Malaysia, you'll need an International Drivers Permit (IDP) but it is recommended that you take taxis to move about as it is easier.*
- *You must have a certificate of inoculation for yellow-fever if you're coming from affected countries. Vaccinations for cholera and small pox are not necessary.*
- *Blatant public displays of affection (PDA) are frowned upon.*
- *Always keep your belongings safely with you while you're out and about. Important documents, etc. should be kept safely at your hotel safe-deposit box.*
- *Before buying a branded item at an individual shop, be careful of its authenticity as bootleg products are widely available.*
- *Tipping is not practiced or expected at eateries. It's your prerogative if you do want to tip.*
- *Have loose change handy with you at all times for taxis, busses and trains. Also, when taking a taxi, insist on using the meter.*

# TRANSPORTATION @ LCCT



## AIR-CONDITIONED BUS



It's the most convenient, comfortable and cheapest way to get from the airport to your destination. Tickets can be purchased from counters either at the arrival hall (international and domestic) or directly at the LCCT Bus Terminal (Platform), located along the walkway to the LCCT Food Garden.

Fares range from RM8-RM15 for adults and RM4-RM5 for children (to Kuala Lumpur and 1 Utama).

Station	First Bus	Last Bus
LCCT - KL Sentral	7:00am	3:15am
LCCT - 1 Utama	7:00am	6:30pm

### Skybus (every 30 mins)

[www.skybus.com.my](http://www.skybus.com.my)



## TAXI



Hop into a taxi located just outside the arrival hall after you've purchased your coupons at taxi counters located at both international and domestic arrival halls.

*Travel Safety Tip: Avoid taxi touts approaching you directly as you exit the arrival hall. They normally charge more than the usual fare and are sometimes questionable.*



## TRAIN



Another comfortable way of getting into the city, with a connecting shuttle bus at the Shuttle Service Bay (opposite Domestic Arrival) from LCCT to take you to the Salak Tinggi Train Station. Tickets are packaged at RM12.50 (shuttle bus and train ticket) to KL Sentral and available at the international and domestic arrival hall. Fares differ to other en route locations.

[www.kliaekspres.com](http://www.kliaekspres.com)

Station	First Trip	Last Trip
LCCT (Bus to) Salak Tinggi - Putrajaya, Cyberjaya, Bandar Tasik Selatan - KL Sentral	7:25am	12:35am

*\*Information is correct at the time of print and is subject to change without prior notice*



## USEFUL PHRASES

*Malaysia consists of three main ethnic groups—Malay, Chinese and Indian. The national language is Bahasa Malaysia and the English language is widely spoken besides Mandarin and Tamil.*

### Basics

Hello

**HAI**

Goodbye

**SELAMAT TINGGAL**

Excuse me/Sorry

**MAAFKAN SAYA**

Yes/No

**YA/TIDAK**

Left/Right

**KIRI/KANAN**

Thank you

**TERIMA KASIH**

You're welcome

**SAMA-SAMA**

Do you speak English?

**BOLEH BERCAKAP  
BAHASA INGERIS?**

I don't understand.

**SAYA TIDAK FAHAM**

How much is it?

**BERAPA HARGANYA?**

That's too expensive

**TERLALU MAHAL/MAHALNYA**

Excuse me, may I know where is the nearest bus station?

**TUMPANG TANYA, DI MANAKAH  
STESAN BAS TERDEKAT?**

Where is the nearest taxi stand?

**DIMANAKAH PERHENTIAN  
TEKSI TERDEKAT?**

### Greetings

Welcome

**SELAMAT DATANG**

Good morning

**SELAMAT PAGI**

Good afternoon

**SELAMAT TENGAH-HARI**

Good evening

**SELAMAT PETANG**

Good night

**SELAMAT MALAM**

How are you?

**APA KHBAR?**

I'm fine, thank you.

**KHBAR BAIK, TERIMA KASIH.**

Which country are you from?

**ANDA DARI NEGARA MANA?**

I'm from England.

**SAYA ASAL DARI ENGLAND.**

### Directions

Can you help me, please?

**BOLEH TOLONG BANTU SAYA?**

I need to get to the nearest taxi stand.

**SAYA PERLU PERGI KE  
PERHENTIAN TEKSI TERDEKAT.**

Where is...?

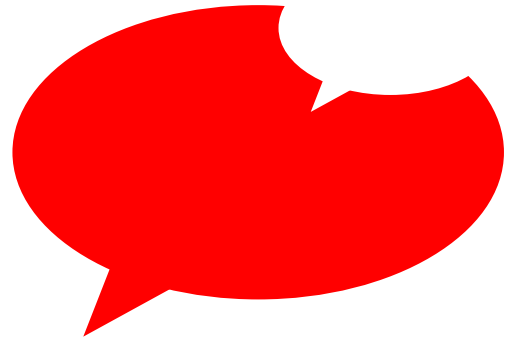
**DIMANAKAH LETAKNYA...?**

How do I get to...(from here)?

**BAGAIMANAKAH BOLEH SAYA  
PERGI KE...(DARI SINI)?**

Can you give me directions to...?

**BOLEH AWAK TUNJUKKAN ARAH  
UNTUK PERGI KE...?**



### Eating & Drinking

Can I have the menu, please?

**BOLEH SAYA DAPATKAN MENU?**

That was delicious!

**SUNGGUH SEDAP!**

I'm a vegetarian.

**SAYA MAKAN SAYUR-SAYURAN  
SAHAJA.**

Please bring the bill.

**TOLONG BAWAKAN BIL.**

### Emergencies

Can I get an assistant from a medical doctor?

**BOLEH SAYA DAPATKAN  
BANTUAN DOKTOR?**

I'm sick

**SAYA TIDAK SIHAT.**

Help!

**TOLONG!**

Call the police!

**TELEFON POLIS!**

Call the ambulance!

**TELEFON AMBULAN!**

## Days

Today  
**HARI INI**

Tonight  
**MALAM INI**

Tomorrow  
**ESOK**

Yesterday  
**SEMALAM**

Weekday(s)  
**HARI MINGGU**

Weekend(s)  
**HUJUNG MINGGU**

Next week  
**MINGGU HADAPAN**

Last week  
**MINGGU LEPAS**

Monday  
**ISNIN**

Tuesday  
**SELASA**

Wednesday  
**RABU**

Thursday  
**KHAMIS**

Friday  
**JUMAAT**

Saturday  
**SABTU**

Sunday  
**AHAD**

## Money

Money  
**WANG**

Currency  
**RINGGIT MALAYSIA**

Coins  
**SEN**

Eg:  
RM2.50 --  
Dua **RINGGIT** lima puluh **SEN**

Where can I get my currency changed?  
**DIMANAKAH SAYA BOLEH  
MENUKAR WANG?**

## ETIQUETTES

*The locals here are particular about etiquettes simply because they are from different cultural backgrounds.*

*\* It is courteous to greet and say thank you at the end of a conversation.*

*\* When visiting any home and places of worship, it's good manners to remove your shoes before entering the premises.*

*\* Certain places of worship have a dress code in place, so please follow the instruction of the caretaker. Some will also not allow photography, so please look out for the signage.*

*\* It is courteous, to dress appropriately when invited to visit a home/family.*

*\* When invited for a dinner, utensils are usually provided but it's customary for the Malays and Indians to eat using their right hand. The Chinese usually uses chop sticks.*

*\* Consumption of alcohol and rude behavior, are to be avoided if possible at public places. Alcohols are sold to age 21 and above only.*

*\* Smoking is prohibited in airports, shopping malls, banks, hospitals, cinema halls and certain eateries. Please look out for the NO SMOKING signage. Cigarettes are sold to age 18 and above only.*

All information in this guide is correct at press time and is subject to change without prior notice.



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